



Reception - Knowledge Organiser - PE

Unit: Athletics (Sports Day)

Inspirational Athletes

Mo Farah: 2012 and 2016 Olympic Gold Medallist in 5000m and 10000m

Jessica Ennis Hill: 2012 Olympic Champion, Three Time World Champion and 2010 European Champion in the Heptathlon



Equipment

Inflatable objects, hurdles, space hoppers, cargo net, hoops, sacks, egg and spoon, batons, cones, recording sheets, stopwatch, camera, sanitiser



Prior Learning

30-50 months: Move freely and with confidence in a range of ways (crawling, walking, running, jumping.)

30-50 months: Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.

40 – 60 months: Negotiates spaces successfully, adjusts speed and avoids obstacles

40 – 60 months: Travels with confidence and skill

40 – 60 months: Shows preference to dominant hand

Subject Specific Vocabulary

| | |
|--------------|---|
| Run | Moving at a speed faster than a walk |
| Jump | Push yourself off the floor with your legs so that you go into the air. |
| Throw | propel (something) with force through the air by a movement of the arm and hand. |
| Baton | Object used in a relay to pass to a teammate so that they can run. |
| Lane | An area marked with lines which you need to stay in during races. |
| Race | A competition between people to see how fast you can run. |
| Instructions | Information shared so that you understand what you are doing. |
| Sports Day | When children in school compete against each other in their houses in a range of sporting activities. |

Diagram



Events

Track: sprint (3/4 length), relay, 1 lap of the track

Fun: egg and spoon, sack race, welly wanging, fun run

Sticky Knowledge

I need to stay in my lane during the races.

I need to hold the spoon with 1 hand during the egg and spoon race.

I need to use my arms to help me run faster.

I need to have my hand ready during a relay to receive the baton

It is important to support my friends no matter what house they are in.

I will try my best in all events.

It is ok to be competitive and it is ok not to win.

KS1 - Knowledge Organiser - PE

Unit: Athletics (Sports Day)

Inspirational Athletes

Dina Asher – Smith: Current fastest British woman. 2019 – IAAF World Champion 200m

Hollie Arnold: Javelin parathlete. Competed at the Beijing Paralympics 2008 aged 14. Held all 4 major titles in the same Paralympic 4 year cycle 2016 - 2018



Equipment

Javelins, wellies, egg and spoon, sacks, cargo net, hoops, hurdles, cone, batons, distance markers, tape measure, stopwatch, recording sheets, camera, sanitiser, recording sheets



Prior Learning

Running - They move confidently in a range of ways, safely negotiating space.

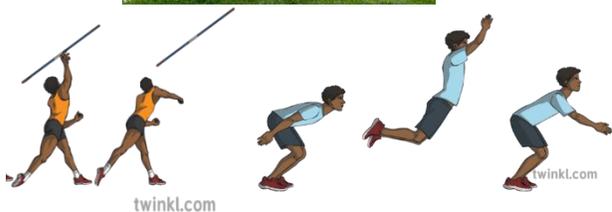
Jumping – Jump in a variety of different ways showing some control.

Throwing – To develop underarm and overarm throwing techniques.

Subject Specific Vocabulary

| | |
|--------------|--|
| Distance | The length of space between two points |
| Track events | Athletic events which take place on a running track |
| Field events | An event which involves throwing or jumping |
| Teamwork | Combined action of a group |
| Cooperate | Working together towards the same end |
| Support | Helping others in class so that they are able to achieve a goal. |
| Javelin | A lightweight spear like object which is thrown over arm |
| Foul | An unfair/illegal action e.g. throwing an object incorrectly |

Diagram



Events

Track: sprint, relay, 1 lap of the track

Field: Welly wanging, javelin, standing long jump

Fun: egg and spoon, sack race, fun run

Sticky Knowledge

Track events are events which include running (sprint, relay, long distance)

Field events are events which include throwing and jumping (welly wanging, javelin, standing long jump)

If you throw an object incorrectly, a foul will be called and you'll have a second chance.

On, your marks, get set, go is said at the start of races to prepare yourselves.

You need to run over the finish line and not slow down before.

LKS2 - Knowledge Organiser - PE

Unit: Athletics (Sports Day)

Inspirational Athletes

Katarina Johnson – Thompson:
Heptathlon athlete 2019 Gold Medal

Richard Whitehead: Double
amputation. 2016 - 200 T42 title
holder and silver medallist in 100m
sprint.



Equipment

Javelin, shotput, discus, sacks, egg
and spoon, cones, baton, cargo net,
hoops, distance markers, tape
measure, stopwatch, camera,
sanitiser, recording sheets



Prior Learning

Running – Learning to run at different speeds for short
and long distances.

Jumping – Develop jumping technique and begin to
show more control with take off and landing.

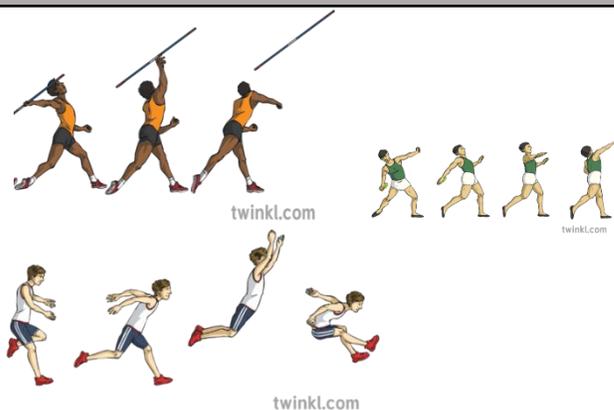
Throwing – To develop control and coordination whilst
throwing for distance and accuracy.

Subject Specific Vocabulary

| | |
|----------------|--|
| Athlete | A person who is proficient in sport and other forms of physical exercise |
| Baton exchange | The action of passing a baton from one person to another |
| Accelerate | Beginning to move more quickly |
| Muscles | a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body. |
| Repetition | The action of doing something more than once to practise |
| Discus | A thick centred disc which is throw from the side |
| Triple Jump | An event where competitors leap using a hop, skip and jump |
| Sprint | Running at full speed over a short distance |



Diagram



Events

Track: sprint, relay, 2 laps of
the track

Field: Javelin, discus, standing
triple jump

Fun: egg and spoon, sack
race, fun run

Sticky Knowledge

When receiving a baton during the
relay race, you must have your
receiving arm ready.

Using your arms whilst you are sprinting
will help balance your body.

Practising for an event will help me
learn the new techniques.

When running a long distance, pacing
is important to avoid fatiguing before
the finish line.



UKS2 - Knowledge Organiser - PE

Unit: Athletics (Sports Day)

Inspirational Athletes

Tanni Grey-Thompson: 4 wheelchair titles 1992 and 2000 (100m, 200m, 400m and 800m)

Jan Železný (Javelin World Record Holder – 1993,

<https://www.youtube.com/watch?v=MeoG686Mej0>)



Equipment

Javelin, shotput, discus, sacks, egg and spoon, cones, baton, distance markers, tape measure, cargo net, hoops, stopwatch, camera, sanitiser, recording sheets

Prior Learning

Running – Understand how to pace your speed when running over an increased distance.

Jumping – Combine basic jump actions to form a jump combination.

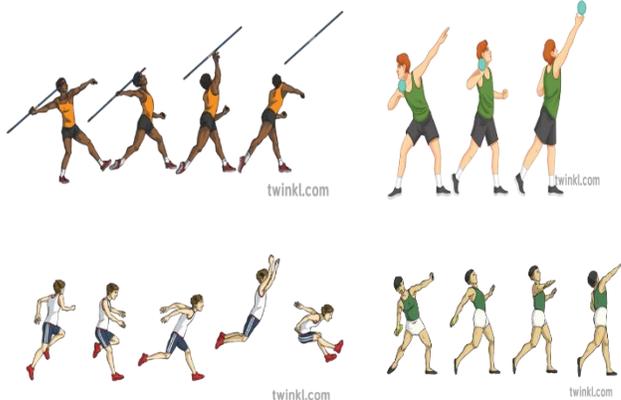
Throwing - Show control, coordination and accuracy whilst throwing.

Subject Specific Vocabulary

| | |
|-----------|--|
| Technique | a way of carrying out a particular task with good execution of the skill |
| Strength | The quality of being physically strong |
| Power | Ability to exert strength in a burst of movements |
| Evaluate | Assess previous activities. What were the positives/negatives? |
| Compete | Strive to gain or win by defeating others |
| Accuracy | Being precise during an activity |
| Fatigue | A feeling of constant tiredness or weakness which can be physical/mental |
| Stamina | The ability to sustain prolonged physical or mental efforts |



Diagram



Events

Track: sprint, relay, 2 laps of the track

Field: Javelin, shotput, discus, triple jump (run)

Fun: egg and spoon, sack race, fun run

Sticky Knowledge

The controlled momentum you gain at the start of a field event (javelin, triple jump) will help with the distance.

When shotputting I need to remember to push the shotput and not throw it.

Sharing your expertise and knowledge with others can help them progress.

Evaluating whilst participating in athletics will help me to achieve a personal best.

Fatigue can affect performance.