



Athletics

PE KNOWLEDGE ORGANISER



| Vocabulary | |
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| Word | Definition |
| Sprint | A fast run usually over a short distance. |
| Track | An event in athletics that takes place on a running track e.g. hurdles, relay, 100m, etc. |
| Field | An event in athletics such as javelin, shotput and long jump. |
| Stamina | The maintenance of a skill and how long you can do an activity for. |

| Key Skills |
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| <p>Physical: pace, sprint, jump for distance, throw for distance</p> <p>Social: collaboration, leadership</p> <p>Emotional: perseverance, determination, honesty.</p> <p>Thinking: reflection, observing and providing feedback, exploring ideas, comprehension</p> |

| Key Skills - Physical |
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| <p>Running</p> <p>Jumping</p> <p>Throwing</p> |

| Links to the National Curriculum |
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| <ul style="list-style-type: none"> - use throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best. |



Key Vocabulary for children



Inspiring Athlete

Jessica Ennis-Hill is a retired British track and field athlete from England, specialising in the heptathlon and 100 metres hurdles. As a competitor in heptathlon, she the 2012 Olympic challenge, a three time world champion and European champions. She is also a former British record holder in the 100 metres hurdles, the high jump and the indoor pentathlon.