



PE Knowledge Organiser

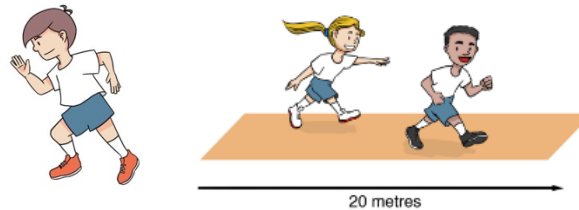
Year 3: Summer Term

Athletics

Key Knowledge and Skills:

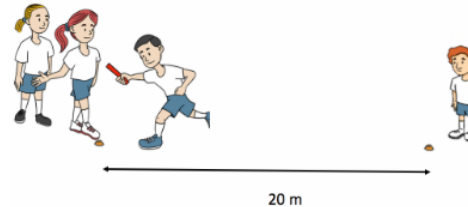
Sprinting Technique:

- Sprint on the balls of your feet
- Hands move from pocket to mouth



Changeover in a relay:

- Communicate with your team
- Hold the bottom of the baton
- Run to the receiving side of your teammate
- Sprint on the balls of your feet, moving hands from pocket to mouth

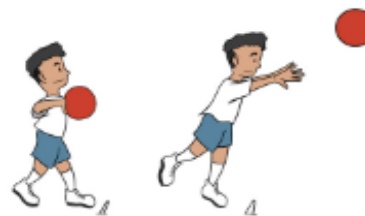


Jumping:

- Jump with balance and control
- Bend your knees at take-off and landing
- Swing your arms
- Keep looking straight ahead when you jump

Throwing for distance and accuracy:

- Step forward as you throw to create power
- Transfer your weight from your back to your front leg



A Pull Throw:

- Release the object as your hand moves past your head
- Throw from a balanced stance
- Transfer your weight from your back to your front leg



Key Vocabulary:

Vocabulary:	Definition:
Athletics	The sport of competing in track and field events.
Technique	Skill or ability in a particular field.
Speed	The rate at which someone or something moves.
Strength	The quality or state of being physically strong.
Vertical	An upright structure.
Progressive	Happening or developing gradually in stages.
Officiating	Being in charge of the game like a referee. Making sure no one breaks the rules.

Athletics Carousel:

Speed bounce
Spring
Standing long jump
Pull throw
Push throw
Relay

