



PE Knowledge Organiser

Year 4: Summer Term

Athletics

Key Knowledge and Skills:

Running over longer distances:

- Run at a steady speed that you can maintain for the whole time period.
- Speed up towards the end of the race.
- Alternate arms and legs to run with fluency and coordination.
- Maintain steady breathing.



Sprinting technique:

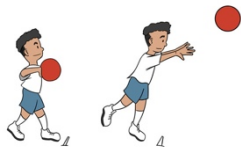
- Sprint on the balls of your feet with your elbows bent at 90°.
- Move your hands from your pocket to your mouth
- Keep your head looking straight in front.
- Run with fluency and coordination, alternating your arms and legs with a high knee drive.

Jumping technique:

- Bend your knees on take-off and landing.
- Drive your arms forward as you jump.
- Use a long and thin body shape in flight and soft landings.
- Look forward as you jump.



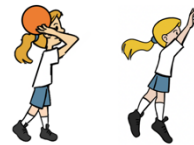
Throwing techniques:



Chest push



Pitch



Overhead throw



Overhead heave



Shoulder fling

Key Vocabulary:

Vocabulary:	Definition:
Power	The ability to perform strength based movements quickly.
Speed	The ability to move all or part of the body quickly.
Strength	The amount of force a muscle can exert against a resistance.
Stamina	The ability to continuously exercise without tiring.
Progressive	A gradual increase in power, speed, strength and stamina.
Vertical jump	Jumping upwards into the air.

Pull Throw technique:

- Stand side on.
- Feet shoulder width apart.
- Back leg should be slightly bent.
- Body weight should be over the back leg.
- Lean back very slightly.
- The arm is pulled past the head.
- Transfer weight forward as the arm comes forward.
- Release the beanbag as the hand moves past the head.
- Follow through with the arm in the direction of the throw.



Javelin throw:

Arm straight. Javelin tip pointing slightly up. Transfer weight from back to front leg.