



PE Knowledge Organiser

Year 5: Summer Term

Athletics

Key Knowledge and Skills:

Running at different speeds:

- Choose the best pace for the running event
- Run at a pace you can maintain
- Steady your breathing (in through nose, out through mouth)
- Sprint on the balls of your feet, hands move from pocket to mouth
- Take big strides

Relay changeover techniques:

A Downsweep:

Receiver's palm facing up. Deliverer places the baton with a downward movement into their hand.



B Upsweep:

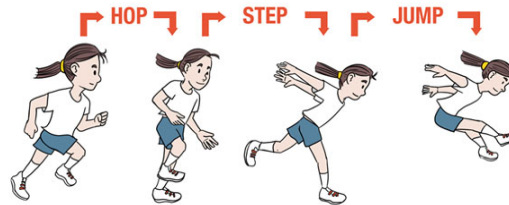
Receiver's palm facing down. Deliverer places the baton with an upward movement into their palm.



- Communicate with teammate to exchange baton smoothly.
- Hold the end of the baton.
- Run at a slow speed when waiting to receive the baton.

Triple Jump:

- Hop = one foot to the same foot
- Jump = land two feet
- Step = one foot to the other foot
- Stay balanced when taking off and landing
- Bend your knees
- Use a run up to build momentum

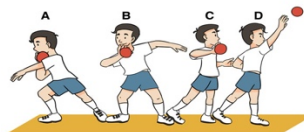


World Record for Triple Jump:

18.29m set by Jonathan Edwards in 1995

Throwing with force:

- Finish throw with hand high
- Strength + speed = power
- Transfer weight from back leg to front



Javelin throw

Shot put (one handed push throw)



Key Vocabulary:

Vocabulary:	Definition:
Sprint	Running at high speed over a short distance.
Endurance	Improving your ability to run over longer distances without tiring.
Handover	The act of handing the baton over to your teammate in a relay race.
Even pace	Being able to run the full distance at a constant speed, without racing or slowing down.
Stride pattern	Keeping the length of each step (your stride) even.
Rotation	The coiling up (twisting) of your body to build up tension prior to a throw/jump.
Release point	When throwing an object, knowing the exact moment to release it, so as to maximise the distance thrown.

Stretches for Athletics



Muscles used: • Glutes • Hamstring • Quadriceps	Heel Flicks • Kick one heel to your bottom and then the other. • Repeat at speed.	Muscles used: • Glutes • Hamstring • Quadriceps	Lunges • Step forward with one leg and bend the back knee until it almost touches the floor. • Keep your shoulders over your hips. • Alternate legs as you move in this way.
Muscles used: • Glutes • Hamstring • Hip flexors	High Knees • Lift one knee up to your chest and then the other. • Move your arms forwards and backwards at the same time. • Repeat at speed.	Mobilises the hip joint.	Hip Circles • Place your hands on your hips and rotate round in one direction and then the other.
Muscles used: • Hamstring	Toe Reach • Keep your legs straight and reach down towards your toes. • Breathe in and as you breathe out reach a little further.	Mobilises the shoulder joint.	Arm Circles • Rotate your arms around in a circle. • Repeat in both directions. • Try rotating them at the same time in opposite directions.