



PE Knowledge Organiser

Year 6: Summer Term

Athletics

Key Knowledge and Skills:

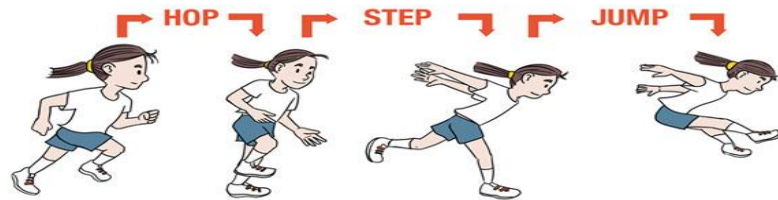
Sprinting Technique:

- Run on the balls of your feet.
- Bend your elbows at 90 degrees.
- Your hands move from pocket to mouth.
- High knees and use the opposite arm to leg.



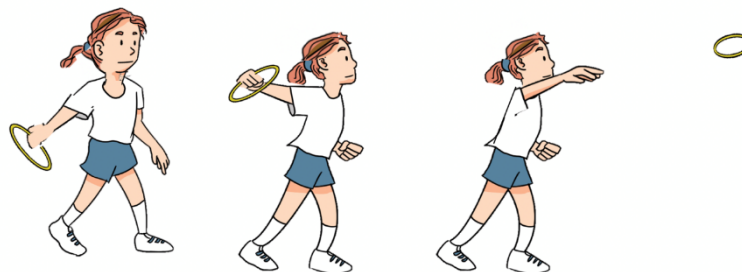
Triple Jump:

- Hop – Must take off and land on same foot, drive knees upwards and forward.
- Step – Must land on opposite foot, as far as you can outwards to gain distance.
- Jump – Must land on two feet. Jump forward and drive hands forward.
- Use a run up to build momentum.



Discus Throw:

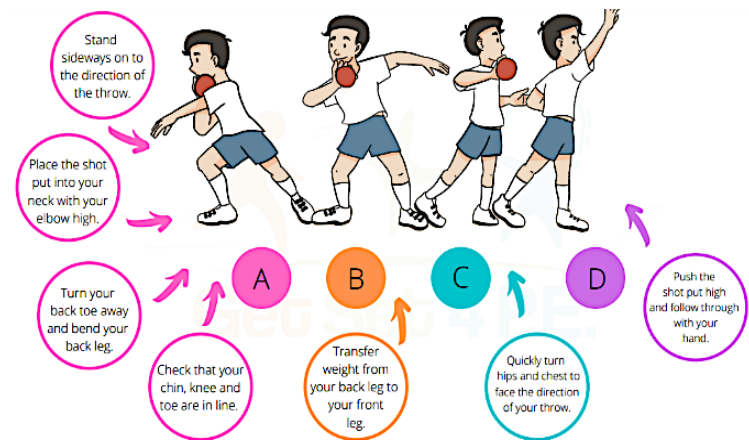
- Hold the discus so that it fits flat against the palm of the throwing hand.
- The edge of the discus sits on the hand, with the tops of the finger wrapped around the edge. The thumb rests at the back of the discus.
- The discus is held in a loose grip.



Key Vocabulary:

Vocabulary:	Definition:
Shot put	An event where you push a heavy ball into the air as far as you can.
Discus	A flat object that you hurl as far as you can.
Triple jump	A jump that involves three jumps: hop, skip, jump.
Technique	A way of carrying out a particular task or part of an action.

Shot Put Throw:



- Aim to throw accurately.
- Follow through with your hand in the direction of your throw.
- Throw for distance with a balanced stance.
- Transfer your weight from your back to your front leg.
- Add in a shuffle (power and momentum)