

# Knowledge Organiser PE: Athletics Y6:

## Key Concepts:

Competence,  
Being Active,  
Being Healthy,  
Competitive  
Sports/Activities,  
Outdoor and adventurous  
activities,  
Vocabulary.

## Opportunities for teaching Diversity, Equality (Including protected characteristics) and expanding cultural capital:

Sports events within the Whitby  
area. Organised through Sports  
partnership with Caedmon College.

Visiting local sports venues,  
football and cricket grounds.

## Key Skills

**Running:** • Recap, practise and refine an effective sprinting technique, including reaction time. • Build up speed quickly for a sprint finish. • Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. • Accelerate to pass other competitors. • Work as a team to competitively perform a relay. • Confidently and independently select the most appropriate pace for different distances and different parts of the run. • Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.

**Jumping:** • Develop the technique for the standing vertical jump. • Maintain control at each of the different stages of the triple jump. • Land safely and with control. • Develop and improve their techniques for jumping for height and distance and support others in improving their performance. • Perform and apply different types of jumps in other contexts. • Set up and lead jumping activities including measuring the jumps with confidence and accuracy.

**Throwing:** • Perform a heave throw. • Measure and record the distance of their throws. • Continue to develop techniques to throw for increased distance and support others in improving their personal best. • Develop and refine techniques to throw for accuracy.

## What you will have learnt at the end of our Athletics sessions:

To be able to use running, jumping,  
throwing and catching in isolation and  
in combination.

## What you will have learnt by the end of KS2:

• I can use running, jumping,  
throwing and catching in isolation and in  
combination. • I can play competitive  
games, modified where appropriate and  
apply basic principles suitable for  
attacking and defending • I have  
developed flexibility, strength,  
technique, control and balance. • I can  
perform dances using a range of  
movement patterns. • I am able to take  
part in outdoor and adventurous activity  
challenges both individually and within a  
team • I am able to compare my  
performances with previous ones and  
demonstrate improvement to achieve  
their personal best.

**Recall and Remember:**

What three parts make up a triple jump?

What is the difference between a triple jump and long jump and how does the technique vary?

What is needed when running short distances?

How is this different for long distances?

What is important when throwing?

When running what does it mean to accelerate?

**What you have already learnt in previous year groups:**

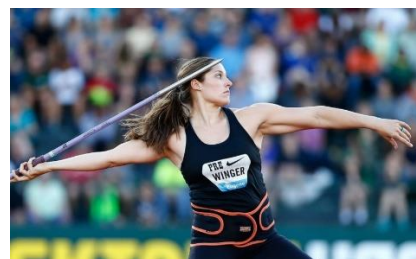
How to run at a consistent pace.

The technique needed to complete a successful long jump.

The technique needed to complete a successful triple jump.

To throw with developing accuracy.

To measure distances: run, jumped and thrown. In time and metres.



**Key Vocabulary Jumping**

Quick	Drive
Strong	Balance
Control	Power
Speed	Take off
Fast	Flight
Hop, skip, jump	Long jump
Triple jump	Distance

**Key Vocabulary Running**

Focus	Determination
Fast	Coordination
Run	Balance
Sprint	Explosive
Jog	Power
React	Muscles
Speed	Movement
Pace	Distance
Hurdles	Trailing leg

**Key Vocabulary Throwing**

Focus	Determination
Run up	Grip
Throw	Balance
Strength	Accuracy
Speed	Power
Timing	Flight
Overarm	Underarm
Preparation	Action
Follow through	

**My skills and Knowledge that I may use from other subjects:**

**Maths:** Understanding of time. Distance. Recording Data.

**Science:** The Human Body.