



Physical Education

Knowledge Organiser

Year 5/6 athletics

National Curriculum links: to use running, jumping, throwing and catching in isolation and in combination

to develop flexibility, strength, technique, control and balance [for example, through athletics]

compare their performances with previous ones and demonstrate improvement to achieve their personal best

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - self-motivation - determination <u>Vocabulary</u> - travelling - competitions - speed - distance - accuracy - technical - judging - consistency - measure - technique - officiate - record - targets - modification - control	Previous learning	<u>Aim and success criteria of athletics for years 5/6</u> - Children will focus on developing their technical understanding of athletics activity. - They learn how to set targets and improve their performance in a range of running, jumping and throwing activities. - In running events, they will run further in both sprints and distance runs. - In throwing events, they may throw heavier, larger implements (although modified equipment will still be used with most of the children). - In jumping events, they will explore how their run-up affects jumping for height and length. <u>Breakdown of skills</u> Running - Definite flight phase - Stride length at max - Complete extension of support leg - Arms bent at 90 degrees and swing back and forwards in opposition to legs - Non-support knee bends 90 degrees Jumping - Arms swing back behind body in preparation - Crouch is deeper and more consistent - Arms swing forward with force during take-off and reach high
	Years 5/6 learning	
	In years 3 and 4, pupils will master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. - Throwing - push, pull and sling - Hop, step and jump - Combination of jumping actions In years 5 and 6, children will continue to develop athletics specific skills and perform them with consistency, accuracy, confidence, control and speed. - Throwing - push, pull, sling and heave - Jumping and landing in different ways - Running for short and long stances - Passing a baton in a relay	
Key knowledge	Future Learning (KS3)	
Children need to work on their throwing techniques	Secondary school athletics curriculum	

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and understanding when certain types are appropriate.

Encourage children to take responsibility for judging, organising and designing athletic events.

To develop their technique and improve their performance in other competitive sports

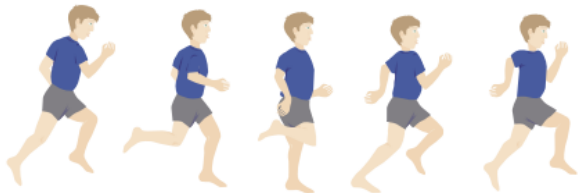
- Full extension of legs and feet at take off
- Body leans forward at landing

Throwing (overarm)

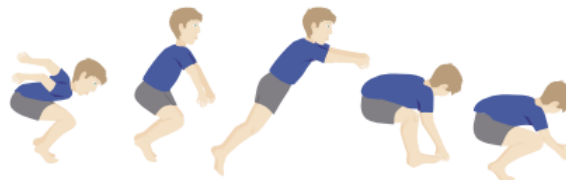
- Arm is swung backward in preparation
- Opposite arm is raised for balance/direction
- Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.
- Definite turning of the body through legs, hips and shoulders.

Supporting resources

Running



Jumping



Overarm throw

