

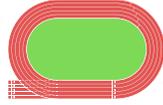


Get Set 4 Education

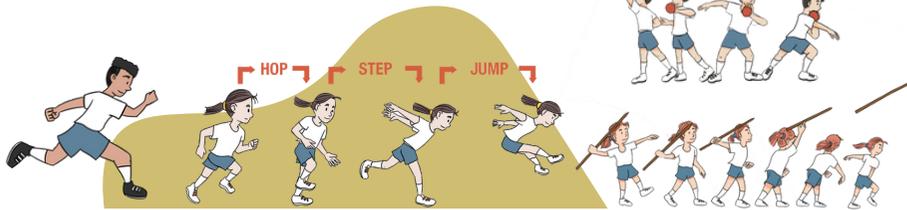
Knowledge Organiser Athletics Year 5

About this Unit

Athletics is made up of events that are classified as either track or field. Running events are classified as track and throwing and jumping events are classified as field events.



You will learn the following athletic activities:
long distance running, sprinting, relay, triple jump, shot put and javelin.



Official Athletic Events

- Running**
- Sprinting
100m, 200m, 400m
 - Hurdles
 - Relay
 - Middle Distance
800m, 1500m
 - Long Distance
5,000, 10,000
 - Steeplechase

- Jumping**
- Long jump
 - Jump for distance
 - Triple jump
 - Jump for distance
 - High jump
 - Jump for height
 - Pole vault
 - Jump for height

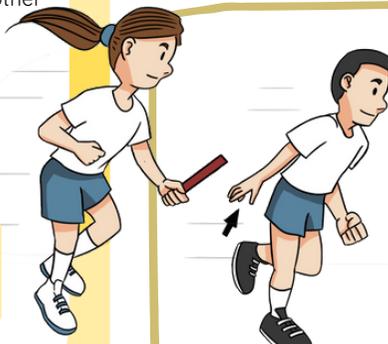
- Throwing**
- Discus
 - Fling throw
 - Shot
 - Push throw
 - Hammer
 - Fling throw
 - Javelin
 - Pull throw

Have you seen any of these events before?



Key Vocabulary

- approach:** a way of dealing with a situation
- changeover:** what happens when the relay baton is passed from one runner to another
- consistent:** to repeat something in the same way
- dominant:** preferred side
- drive:** a forceful and controlled movement to help move you forward
- event:** the name of different athletic activities
- field:** the collective name for jumping and throwing activities
- force:** create power
- javelin:** a spear like object used in a throwing event
- momentum:** the direction created by weight and power
- shot put:** a heavy round object used in a throwing event
- stamina:** the ability to move for sustained periods of time
- stride:** the length of the step
- technique:** the action used correctly
- track:** a marked oval path, where various running, hurdling, and relay events take place



Ladder Knowledge



Running:

Taking big consistent strides will help you to create a rhythm that allows you to run faster. Keeping a steady breath will help you when running longer distances.

Jumping:

Drive your knees high and fast to build power so that you can jump further.

Throwing:

Transfer your weight to increase the distance. The transfer of weight will be different depending on the throw. Think back body to front body.

Movement Skills

- pace
- sprint
- relay changeovers
- jump for distance
- push throw
- pull throw

This unit will also help you to develop other important skills.

- Social** collaboration, negotiation, communication, supporting others
- Emotional** perseverance, confidence, concentration, determination
- Thinking** observing and providing feedback, selecting and applying, comprehension

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Healthy Participation



- In throwing activities ensure you:
- wait for instruction and check the area is clear before throwing.
 - there is adequate space between throwers.

If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Triple Jump

What you need: 2 x markers and a large space.

How to play:

- Use one marker as the jumping line.
- Practise the pattern: hop, step, jump. Think 'same foot, other foot, land both feet'.
- Add a run up. Begin the jump from your jumping line.
- Practise to build up speed and distance.
- Measure your jump by marking the body part that lands closest to the jumping line with your marker and using a big step to mark 1 metre.

HOP
Take off and land on same foot, drive knee upwards and forwards.

STEP
Land on opposite foot. As far as you can to gain distance.

JUMP
Land two feet. Jump forward and drive hands forward.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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