

# Year 4 Summer 2

## Knowledge Organiser: Year 4 Athletics



**Prior Learning:** Show controlled movements in response to instructions. Demonstrated agility and speed. Jump for height and distance. Throw with speed and power and applied appropriate force.

**Equipment needed:** A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, foam discus, quoits, batons.



Baton exchange

**Unit Focus:** Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

### Key Vocabulary/Skills

Aiming at targets.	Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex
Accelerating over short distances.	howler, bounce, target, take off, sling, exchange, accuracy.
One footed take off.	
Sling Throw.	
Baton exchange on the curved run.	

**Head:** Decide on ways to improve, run, jumps and throws and implement changes.

**Hand:** Throw a variety of objects demonstrating accuracy.

**Heart:** Work with others to score and record distance and times accurately.

### Key Questions:

1. How did you improve on your scores?
2. Can you name two throwing techniques?
3. Why should you start moving when you receive the baton?

### Rules:

- Correct use of a stopwatch.
- Where to receive baton.
- Measure from throwing line.

