

Knowledge Organiser: Year 6 Athletics



Prior Learning: Sustain pace over short and longer distances. Ran as part of a relay team. Performed range of jumps and throws.

Equipment needed: A variety of balls, hoops, bean bags, quoits, throw down markers, hurdles, stopwatch, measuring tape, metre rule, skipping ropes, foam discus, hurdles, flexibar.

Unit Focus: Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.



Key Vocabulary/Skills

Power in the sprint start.	Safety, rules, targets, record, set,
Standing triple jump	take over, pass,
Heave throw	strength, judge,
Parlauff running	trajectory, sprint,
Scissor jump	shuttle, assess

Head: Accurately and confidently record multiple scores under pressure

Hand: Combine different jumping skills to accurately replicate triple jump technique

Heart: Judge your strengths and weaknesses to fulfil; your role in a running challenge

Key Questions:

1. In which Olympic athletics event is the heave throw used?
2. How can you develop your fitness through parlauff running?
3. What are the 3 phases of triple jump?

Concepts:

- Running for time and running for distance
- Linking sport specific movements to everyday tasks



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Year 6 Summer 2