



Get Set 4 Education

# Knowledge Organiser Athletics Year 3

## About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.



### 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



- accuracy:** how close the object is to the given target
- baton:** equipment used in a relay event
- control:** being able to perform a skill with good technique
- event:** the name of different athletic activities
- further:** a greater distance
- personal best:** a target outcome of an individual
- power:** speed and strength combined
- relay:** a team of runners take turns to move the baton from start to finish
- speed:** how fast you are travelling
- strength:** the amount of force your body can use
- technique:** the action used correctly

## Ladder Knowledge



### Running:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

### Jumping:

If you jump and land quickly it will help you to jump further.

### Throwing:

The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

## Movement Skills

- sprint
- jump for distance
- push throw
- pull throw

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

**Social** collaboration, work safely

**Emotional** determination, perseverance

**Thinking** observe and provide feedback, comprehension, explore technique

## 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](http://www.getset4education.co.uk)



### It's all About the Pace



**What you need:** socks and a stopwatch or clock

#### How to play:

- Mark a track around your home using socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

**Notice what happens to the distance you complete when the time increases.**



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



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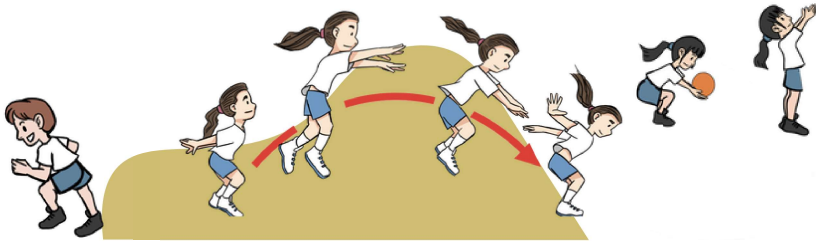


Get Set 4  
Education

# Knowledge Organiser Athletics Year 4

## About this Unit

In this unit you will be set challenges for distance and time that involve using different styles of running, jumping and throwing. You will try to achieve your greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. You will learn how to improve by identifying areas of strength as well as areas to develop. You will also be given opportunities to lead when officiating as well as observe and provide feedback to others.



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Push throw  
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Fling throw  
**Javelin**  
Pull throw

Have you  
seen any of  
these events  
before?



## Key Vocabulary

**accuracy:** how close the object is to the given target  
**distance:** how far or how high  
**heave:** throwing with power from low to high  
**launch:** the point where an object is let go  
**measure:** to mark a distance  
**official:** referees who judge events  
**officiate:** to be in charge of the rules  
**pace:** how fast you are running  
**power:** speed and strength combined  
**record:** to make note of  
**speed:** how fast you are travelling  
**stamina:** the ability to move for sustained periods of time  
**stride:** the length of the step  
**technique:** the action used correctly  
**transfer of weight:** movement of body weight from one place to another



## Ladder Knowledge



### Running:

Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster.

### Jumping:

Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight.

### Throwing:

Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.

## Movement Skills

- pace
- sprint
- jump for distance
- throw for distance

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

**Social** collaboration, leadership

**Emotional** perseverance, determination, honesty

**Thinking** reflection, observing and providing feedback, exploring ideas, comprehension

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