

Subject: PE KS4&5 Topic title: Athletics

Key Knowledge

Learn these key facts—**key points in red**



Jumping

Long jump—**two foot-**
ed single jump for-
ward.



Triple Jump—**hop,**
step and jump (single footed jumps)



Vertical
jump—
how high
can
jump?

Speed Bounce—
in 20 seconds
how many 2
footed side to
side jumps can
you do?



Throwing

Chest push—using a
basketball—**try to**
send it as far as pos-
sible.



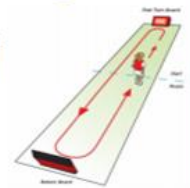
Overarm Throw—shuttlecock /
foam javelin used.



How far can you throw it?

Running


Running starts
in the middle of
the hall goes to
one end then
the other and
back to the
middle (1 lap) -
sometimes obstacles are on the
track too. Individual or as a team



Key Vocabulary

Understand these key words

**Officiating
Focus**

Word	Definition	<p>Officiating each other is vitally important in athletics, this shows a good understanding and demonstration of both rules and technique.</p> <p>It also applies lots of mathematical knowledge to working out distances, lengths and times—rounding is also used.</p> <p>Personal skills such as honesty and fairness are also important when officiating.</p> <p>Communication—giving clear instructions or feedback.</p> 
Officiate	To assist running events by applying rules	
Analysis	Be able to look at performance and suggest improvements.	
Technique	Understand the set of actions required for each activity.	
Relay Changeover	How the baton is passed from one runner to the next.	
Agility	The ability to speed up / slow down and change direction.	
Finishing line	The point at which the timer stops—You DO NOT STOP HERE!	
Obstacle	An object such as a hurdle, post, tunnel or speed bounce.	
Consistency	Being able to perform the same skill accurately repetitively.	
Speed Endurance	Keep going at top speed for a prolonged time.	
Explosive Power	Force generated by your body to make your body jump.	
Relay	Working as a team to complete a race with a baton.	
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible	