

# Athletics Knowledge Organiser

**Physical Me**

- **Running** - Shuttle runs/sprints
- **Leaping**
- **Throwing/Pushing** - At a target
- **Skiping** - With a hoop
- **Jumping** - Speed bounce, long jum, for height
- **Co-ordination** - Jumping

**Key Skills**

**Thinking Me**

- To improve my performance

**Value Me**

- Determination  
Try, Try, Try again!

**Social Me**

- Co-operate with others



**Key Knowledge**

**Standing Long Jump**- Jumping two feet to two feet

**Jumping** - Swing arms and bend knees to help you get further.  
- Safety - bend at the knees when landing

**Personal Best (PB)** - To beat your own score

**Skipper** - Jumping through a hoop

**Athletic Events**

**Track Events:**  
100m sprint  
200m sprint  
400m sprint  
800m middle distance  
1500m middle distance

**Field events:**  
Javelin throw  
Long Jump  
Triple Jump  
Shot put  
Discus  
High Jump

**Key Vocabulary**

Race

Leap

Skip

Personal best

Determination

Counting

Team

Skipper

Mini Coaches