



LKS2 PE: Athletics

Prior Learning

Children have...

- Mastered basic fundamental movements using their agility, balance and co-ordination to perform skills such as running, jumping, throwing and catching.
- Engaged in competition against self and others (team games)
- Developed an awareness of the sporting events in athletics that their fundamental skills lend themselves to.



Vocabulary

Athlete, adjustment, direction, field, pace, sequence, stride, track, underarm throw, overarm throw.

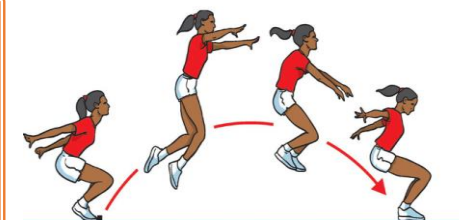
* Adjustment, baton, control, distance, flight phase, height, hurdles, javelin, landing, lead foot, measure, performance, pull throw, push throw, relay, shotput, standing long jump, speed, sprint, take off, technique, trail foot.

Sticky Knowledge

A **relay** race is a track event which takes place between teams where each member runs part of a **distance**. Jamaica currently hold the World Record for the fastest 4x100m relay race. Nesta Carter, Michael Frater, Yohan Blake and Usain Bolt raced in this event.



The shotput event uses a **technique** called the **push throw** in order to make the shotput travel as far as possible. Great Britain's Paralympian, Aled Davies, has won 2 gold and 1 bronze medal in both discus and shotput field events.



The standing long jump was an Olympic event until 1912. It is now used as a measurement of explosive leg power in some sports.