

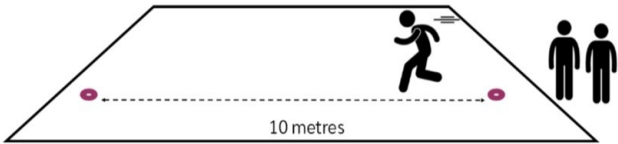
Knowledge Organiser: Year 5 Athletics



Prior Learning: Investigated ways of performing running, jumping and throwing activities. Used a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

Unit Focus: Sustain pace over short and longer distances. Run as part of a relay team. Perform range of jumps and throws.

Equipment needed: A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, foam discus, vortex howler, low hurdles.



Key Vocabulary/Skills	
Relay legs.	Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump.
Work to improve distance covered in set times.	
Use push throws to hit target.	
Baton exchange.	
S.T.E.P principle.	

Head: Distinguish between good and poor performances and suggest ways to improve self and others.

Hand: Sustain pace over shorter and longer distances.

Heart: Able to run as part of a team in relay style events.

Key Questions:

1. Why do we pass the baton to the opposite hand to ?
2. Which throw do you think is most effective for distance?
3. Can you jump further with a run up?

Rules:

- Receiving baton within restricted area.
- Fair scoring of event/activity.
- Appropriate rules in running, jumping or throwing event.

