



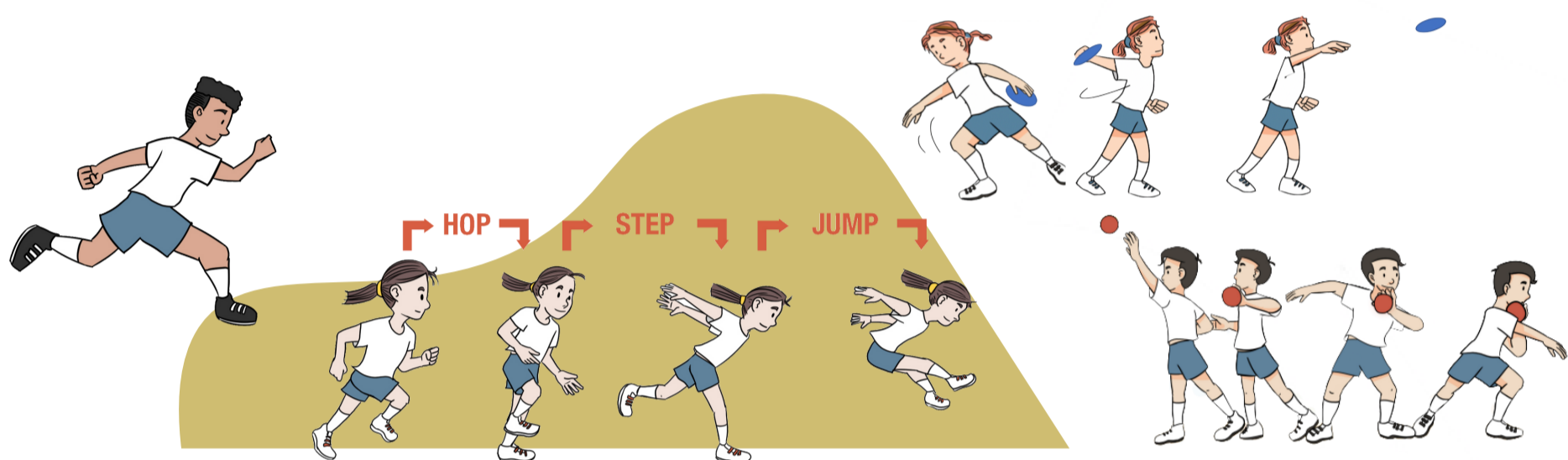
Get Set 4 Education

Knowledge Organiser Athletics Year 6

About this Unit

All events within athletics are forms of running, walking, jumping or throwing. Elite athletics competitions take place all over the world. The most famous is the Olympic Games, held every four years. Other competitions include The World Athletics Championships and The World Indoor Championships.

You will learn the following athletic activities:
long distance running, sprinting, triple jump, discus and shot put.



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

- discus:** a disc that is thrown in athletics
- drive:** a forceful and controlled movement to help move you forward
- event:** activities that are either running, jumping or throwing
- explosive:** produce force in a short space of time
- fling:** technique used to throw a discus
- grip:** the way an object is held
- maximum:** to work to your best
- meet:** an athletics competition
- officiate:** to be in charge of the rules
- pace:** how fast you are running
- pattern:** sequence of movements
- phase:** a section of an action
- power:** speed and strength combined
- release:** the point at which you let go of an object
- rhythm:** a strong, regular repeated pattern of movement
- stance:** the body position taken
- strategy:** a plan of action to complete a set task or challenge



Ladder Knowledge



Running:

The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps). You need to prepare these muscles before running.

Jumping:

A run up builds speed and power and will enable you to jump further.

Throwing:

The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps). You need to prepare these muscles before throwing.

Movement Skills

- pace
- sprint
- jump for distance
- push throw
- fling throw

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

Social negotiating, collaborating, respect

Emotional empathy, perseverance, determination

Thinking observing and providing feedback, comprehension

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



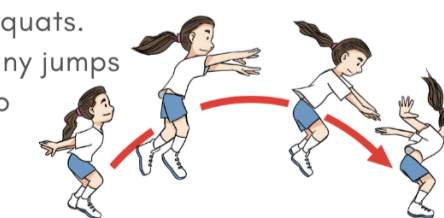
Long Jump World Record Attempt



What you need: A measuring tape.

How to play:

- The standing long jump world record is held by Bryon Jones, who recorded a jump of 3.73m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



How many jumps does it take for you to reach 3.73m?

www.getset4education.co.uk

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



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