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# Fulwood academy PE Knowledge Organisers: Athletics



# Year 7: Athletics Knowledge Organiser

## Key Skills:

### Running events

Starting • Finishing • Posture • Leg action • Arm action • Head carriage

### Jumping events

Approach • Synchronisation of arm and leg action • Take off/pole plant • Flight • Landing

### Throwing events

• Initial stance • Grip • Throwing action • Release phase • Recovery phase/follow through



## Stretch and Challenge Task:

Research the past Olympic games, they have an incredible history!

<https://www.olympic.org/>

## Rules

Each individual discipline has its own specific set of rules and competitors are expected to abide by these to ensure that the competition is fair.

Some athletics events you are likely to cover include the following;

- 100 metres
- 200 metres
- 400 metres
- 800 metres
- 1500 metres
- 110 metres hurdles
- 4 × 100 metres relay
- High jump
- Long jump
- Triple jump
- Shot put
- Discus throw
- Javelin throw

## Key Content and Terms to learn:

ATHLETE: a trained person in sports who takes part in track and field competitions

BATON: a short tube passed from runner to runner in a race\* BELL LAP: the final

lap in a race\* DECATHLON: an athletic event in which competitors take part in ten

sports events\* FALSE START: an invalid start of a race in which one of the competitors starts too early – before the official signal has been given

# Year 8: Athletics Knowledge Organiser

## Key Skills:

### Running events

- Starting: • Use of Blocks (where relevant) • Leg action: • Foot strike • Cadence • Bend running (where relevant) • Stride pattern/pacing • Hurdling with either leg (where relevant)

### Jumping events

- Approach: • Hitting appropriate speed for take-off • Efficient transition between technical phases of the movements • Flight: • Appropriate elevation • Landing • movement of the body beyond initial point of contact (long jump and triple jump)

### Throwing events

- Travel: • use of cross step/glide (where applicable) • rotational throws (where applicable) • Release phase: • Appropriate angle of release • Efficient transition between technical phases of the movements



## Stretch and Challenge Task:

Research local clubs and events , perhaps you could get involved...!

<http://derbyathletic.club/>

## Rules

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- High jump
- Long jump
- Triple jump
- Shot put
- Discus throw
- Javelin throw

## Key Content and Terms to learn:

HAMMER THROW: a sports event of throwing the hammer\* HEPTATHLON: an athletic event in which competitors take part in seven sports events\* HIGH JUMP: a sports event in which competitors jump over a bar\* HURDLES: a series of frames that runners must jump over\* LANE: parallel lines on a running track

# Year 9: Athletics Knowledge Organiser

## Key Skills:

### Running events

• Pre-race tactics • Changing and adapting your race tactics • Positioning in the field, where to run in the pack, when to lead and when to follow (where appropriate) • Timing of kicking for the finish line • When to dip for the finish line • Awareness of the rules and regulations of the event and their application (including officials commands/signals)

### Jumping events

• Pre-event tactics • Tactics for qualifying jumps/Entry height and the choice of when to 'pass' on a height/ round • Changing and adapting your jump tactics: • Consideration of weather conditions • Appropriate distance/number of steps chosen for run up • In competition check mark adjustment • Awareness of the rules and regulations of the event and their application (including officials commands/signals)

### Throwing events

: • Pre-event tactics • Tactics for qualifying throws • Changing and adapting your throw.



## Stretch and Challenge Task:

Try analysing the performance of yourself or a famous athlete.

What are their strengths and weaknesses what practices could they do to improve performance?

## Rules

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Some athletics events you are likely to cover include the following;

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- 800 metres
- 1500 metres
- 110 metres hurdles
- 4 × 100 metres relay
- High jump
- Long jump
- Triple jump
- Shot putt
- Discus throw
- Javelin throw

## Key Content and Terms to learn:

RELAY: a race of teams of runners passing batons to each other on a team\*

STARTING BLOCKS: blocks for keeping runner's feet in a fixed position at the start\*

TRACK: an oval shaped piece of ground for athletes to run\* TRACK SHOES

(TRACK SPIKES): sports shoes for running competitions on a track