

Athletics Skills Knowledge Organiser - Year 4

Prior Learning: In year 3, children continued to practice their running technique. They learned the technique of how to throw a javelin and vortex. They recapped the standing long jump and progressed on to the triple jump. They learned the shot put technique, using a tennis/small ball. They learned how to complete a relay change over with a partner. They were also taught how to time sprints and measure their jumps/throws.

Physical Me

- **Running** - Sprint (50m)
- Relay

- **Throwing** - Javelin/vortex
- Shotput

- **Jumping** - Standing long jump
- Standing Triple jump (**hop, step, jump**)
- **Striding**

- **Balance, Co-ordination, Power, speed, flexibility, agility**

Key Skills

Thinking Me

- Recalling information
- Decision making

Value Me:

- Perseverance
- Self belief

Social Me

- Encourage others
- Communication



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

Technique

Accelerate

Triple Jump

Compete

Change Over

Mini Coaches

Shot put

Baton

Short Distance

Key Knowledge

Accelerate (running) - Acceleration is the transition from standing to top-end speed. This normally takes about 3-4 seconds, from the start of a sprint

Standing Long Jump- Jumping two feet to two feet

Standing Triple jump- Hop, Step and a Jump

Shot put - Event involves pushing rather than throwing the shot (heavy ball)

Relay- A relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters.

Inspirational Athletes

David Weir

David Weir (CBE) is a British Paralympic wheelchair athlete.

He has won a total of six gold medals at the 2008 and 2012 Paralympic Games, and has won the London Marathon on eight occasions.

In London 2012, he won four gold medals - the T54 800m, 1500m, 5000m and marathon.

