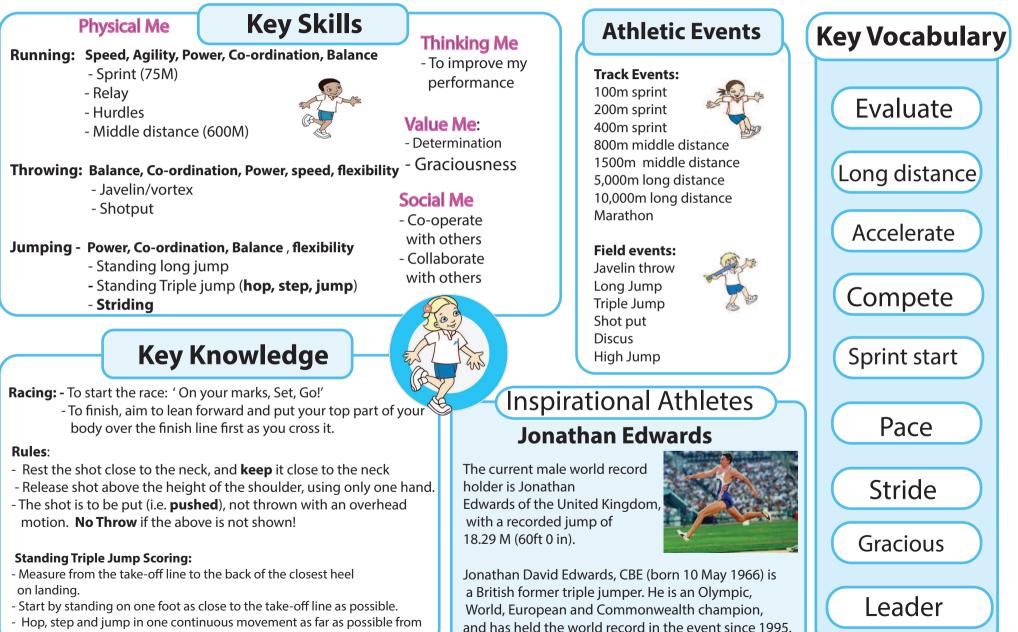
Athletics Skills Knowledge Organiser - Year 6



Prior Learning: In year 5, children recapped sprinting and were introduced to sprint starts. They practiced their javelin throws and have now advanced to taking three steps before they throw. They measured their jumps (standing long jump and triple jump. They were introduced to middle distance running and how to pace themselves. They recapped the shot put technique and progressed to using an indoor shot put. They progressed their relay changeovers to groups of 4.



the take-off line.