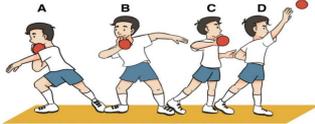
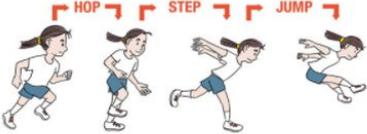


Physical Education Staff Knowledge Organiser:
KS2 Athletics

Key Teaching Points		Key Teaching Points		Teacher Glossary
Sprinting Technique	<p>Head: facing forward. Elbows: bent at 90°. Hands moving from pocket to mouth. Body: upright. Knees: high knee lift. Feet: sprinting on the balls of feet.</p>	Shot Put	<p>A- Stand sideways on to the direction of the throw. Place the shot put into your neck with your elbow high. Turn your back toe away and bend your back leg. Check that your chin, knee and toe are in line B-Transfer your weight from your back leg to your front leg. C-Quickly turn your hips and chest to face the direction of your throw. D-Push the shot put high and follow through with your hand.</p> 	<p>Changeover: Where a baton is passed from one person to another. Downsweep: In a relay when the performer passes the baton in a downward action. Upsweep: When the performer passes the baton in an upward action. Flight: The time the performer spends in the air in jumping events. Push throw: When the performer pulls the item through the air. (Javelin) Push Throw: When the performer pushes the item through the air (Shot putt). Lead leg: The leg that clears the hurdle first. Trail leg: The leg that clears the hurdle second.</p>
Triple Jump	<p>Hop- Must take off and land on same foot, drive knee upwards and forwards. Step- Must land on opposite foot. As far as you can to gain distance. Jump- Must land two feet. Jump forward and drive hands forward. Pattern is one foot to the same foot, to the other foot, to two feet (same, other, both).</p> 	Running for Distance	<p>Run at a pace that you can maintain. Steady your breathing, breathing in through your nose and out through your mouth. Speed up as you come near to the end of the race.</p>	
		Key Skills	ASPIRE	
		<p>Running for Distance- Pacing Running for Speed- Sprinting Running over obstacles - hurdles Jumping for distance - long jump, triple jump Jumping for height - high jump Fling throwing for distance - discus Push throwing for distance - shot put Pull throw for distance- javelin</p>	<p>Jessica Ennis- Hill is an former multi eventer athlete. She is a 3 time world champion, and won Olympic Gold at London 2012 and silver at Rio 2016. In the pentathlon Ennis-Hill would take part in 7 events over 2 days: 100m Hurdles, High Jump, 200m, Javelin, Long Jump, Shot Putt and the 800m,</p>	

