

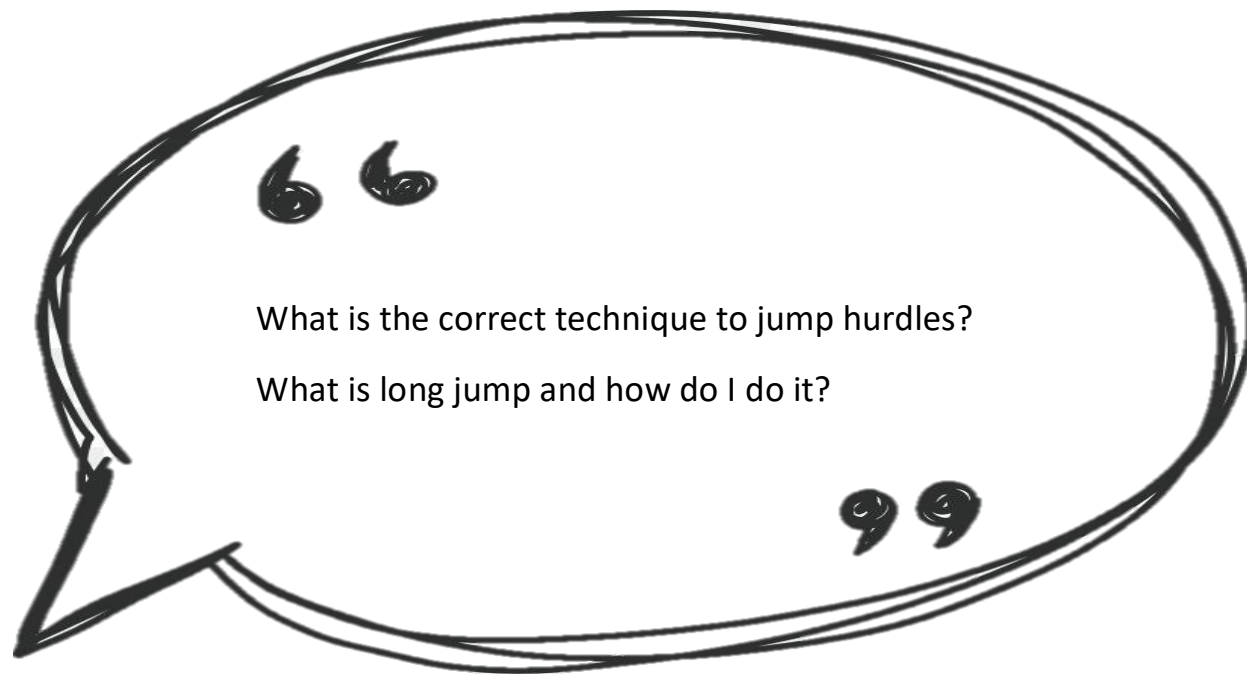
Year LKS2 Athletics



Knowledge Organiser:
PE

In KS1, you learnt: how to throw a discuss, a javelin and how to set and beat personal records.

Key Vocabulary			
Athlete	Baton	Discuss throw	Flase start
Javelin throw	Discuss throw	Hurdles	Sprint



Key facts	Key skills
In KS2 children will try to beat their personal best through different athletic events including running, jumping and throwing. Children will practice their throw technique and how to manoeuvre over hurdles. They will also be introduced to long jump.	Children will be sprinting and running long distances and also practicing passing the baton in relay races. They will continue to better their personal best both against themselves and others. Running over hurdles, throwing the javelin and discuss will also be practiced which will benefit them when competing in Sport's Day and other competitive events in the community.