

Year UKS 2 Athletics



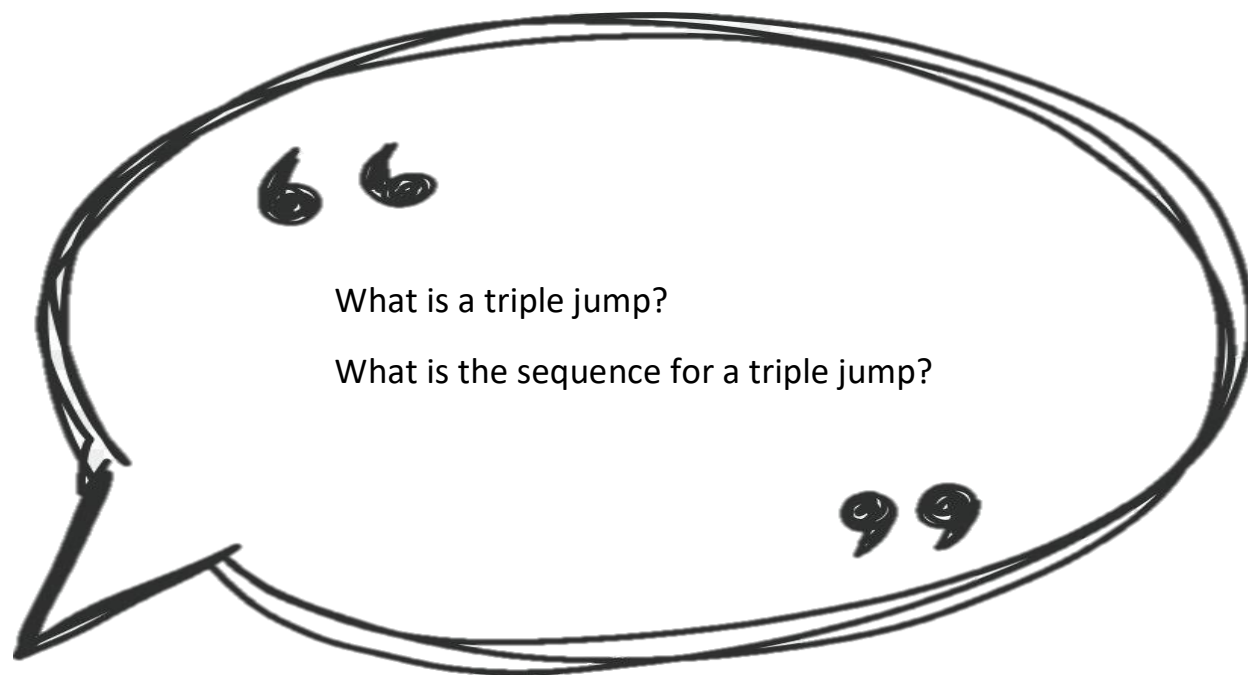
Knowledge Organiser: PE

Key Vocabulary

Triple jump	Athlete	Discuss throw	Javelin throw
Baton	Sprint	Relay	Hurdles
False start	Confidence	Pride	Determination



In LKS2, you learnt: to beat your personal best through different athletic events including running, jumping and throwing.



Key facts

In UKS2 children will attempt to beat their personal best through different athletic events. Children will learn to throw the discuss and javelin and also how to do the triple jump.

Key skills

Children will be competing against themselves and others to better their personal best. They will run in various races and perfect passing the baton in relay races. They will learn to long jump, triple jump and hurdle correctly and gain confidence to compete in Sport's day activities.