



Year 4 - Summer 1 - PE Knowledge Organiser - Athletics

What I already know...

How to choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown.

How to use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.

What I will learn...

- Develop stamina
- Develop power and speed in the sprinting technique
- Develop technique for jumping
- Develop power and technique when throwing for distance
- Develop a pull throw for distance and accuracy
- Develop officiating and performing skills

Key Vocabulary

Power	move or travel with great speed or force
Speed	move quickly
Sprint	run at full speed over a short distance
Jump	push oneself off a surface and into the air by using muscles in ones
Throw	propel something with force through the air by a movement of
Distance	the length of the space between two points
Officiating	ac as an official in charge of something, especially a sporting events
Performing	present to an audience
Accuracy	the degree to which the result of a measurement, calculation, or specification conforms to the correct value or a standard.
Pull throw	the pull throw relates to how you throw a javelin



Making a difference at The Merton and beyond

Children will develop their athletic skills and understanding on how to officiate and perform skills.

We will link this to our topic of 'the Key to Happiness' by looking at our favourite athletic activity and having a mini Olympics to complete against each other.

PE skills:

Disciplinary Knowledge: PE skills I will learn...

- To develop their ability in athletic style activities
- To perform like a sportsman