## Athletics Skills Knowledge Organiser - Year 4

**Prior Learning:** In year 3, children continued to practice their running technique. They learned the technique of how to throw a javelin and vortex. They recapped the standing long jump and progressed on to the triple jump. They learned the shot put technique, using a tennis/small ball. They learned how to complete a relay change over with a partner. They were also taught how to time sprints and measure their jumps/throws.

### **Physical Me**

# **Key Skills**

- Running Sprint (50m)
  - Relav

### - **Throwing** - Javelin/vortex

- Shotput

### Value Me:

- Perseverance
- Self belief
- Jumping Standing long jump
  - Standing Triple jump (hop, step, jump)
  - Striding
- Balance, Co-ordination, Power, speed, flexibility, agility



### Social Me

- Encourage others
- Communication



Thinking Me

information

- Decision making

- Recalling

# Inspirational Athletes

### **David Weir**

David Weir (CBE) is a British Paralympic wheelchair athlete.

He has won a total of six gold medals at the 2008 and 2012 Paralympic Games, and has won the London Marathon on eight occasions.

In London 2012, he won four gold medals - the T54 800m, 1500m, 5000m and marathon.



### **Athletic Events**

### **Track Events:**

100m sprint 200m sprint 400m sprint 800m middle distance 1500m middle distance

### **Field events:**

Javelin throw Long Jump Triple Jump Shot put Discus High Jump

# **Key Vocabulary**

Technique

Accelerate

Triple Jump

Compete

**Change Over** 

Mini Coaches

Shot put

Baton

**Short Distance** 

# **Key Knowledge**

**Accelerate (running) -** Acceleration is the transition from standing to top-end speed. This normally takes about 3-4 seconds, from the start of a sprint

**Standing Long Jump-** Jumping two feet to two feet

Standing Triple jump- Hop, Step and a Jump

**Shot put -** Event involves pushing rather than throwing the shot (heavy ball)

**Relay-** A relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters.