

# UKS2 PE: Athletics

## Prior Learning

### Children have...

- Developed a broader range of skills to create sequences of movement.
- Developed their running, jumping, throwing and catching skills in isolation and combination.
- Developed flexibility, strength, technique, control and balance in relay races, hurdles, javelin, shotput and standing long jump.
- Demonstrated knowledge in how to improve to achieve their best.



## Vocabulary

- Relay, baton, hurdles, lead and trail foot, accelerate, changeover, transition, starting positions, control, distance, height, technique, performance, endurance, stamina, reaction times, athlete, standing long jump, vertical jump, flight phase, measure, shotput, javelin, discus, push throw, pull throw, heave throw, fling throw.

## Sticky Knowledge

A **relay** race is not just a speed race, it also involves a lot of skill. The **changeover** of the **baton**, or the 'exchange', plays a key role in winning teams. Smoother **transitions** = quicker race times.



Mo Farah is the most successful British track **athlete** in modern Olympic Games history. A great example of **endurance** and **stamina**, winning gold in both the 5000m and 10000m track races.

A technique called a 'fling throw' can be used in the discus event. Great British Paralympian, Josie Pearson, won gold in the London 2012 Paralympic games, breaking three world records in this event!

