



## Objectives and Sticky Knowledge

### Previous Knowledge:

1. Body position for throwing and jumping.
2. Use of arms and legs to propel.
3. Running technique and breathing.



### Land Objectives and Sticky Knowledge:

Controlled when taking off and landing	Throw with increasing accuracy	Combine running and jumping pick up on something a partner does well and also on something that can be improved	Know why own performance was better or not as good as their last
-Know that arms need to be used to control balance and increase distance when taking off and landing.	-Know that the non-throwing arm can be used to guide the javelin. -Know the importance of the body position – feet, shoulders, hips to align for accurate throwing.	-Know how to coach others through breaking the activity into small steps and working on one area e.g. hand over of baton in relay.	-Know the small steps needed for each activity and identify which needs to be worked on to improve

### Sea:

Links with 'Communication' Golden Thread

### Links to CST and CTK Values:

# Year 6 Athletics Knowledge Organiser

## Key Vocabulary

analysis	Be able to look at performance and suggest improvements.
technique	The set of actions required for each activity.
relay changeover	How the baton is passed from one runner to the next.
momentum	Creating speed that is used to transfer into power for a jump, throw or to gain speed as quickly as possible.
endurance	Being able to repeat a specific movement.

### Track: Running Events

**75m sprint:** Running as **fast as you can** from the start until the finish

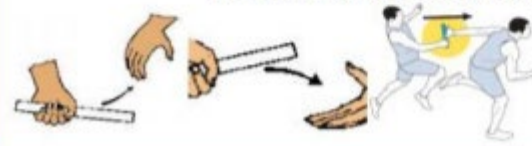
**600m:** **Endurance race** meaning you can't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?



### Relay Changeover

Passing the baton to the next runner is a vital aspect of a relay race. The next **runner needs to be moving** when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.



### Field: Jumping and Throwing

**Howler Throw:** **Overarm throw** trying to launch the howler as far as possible. A **straight or bent arm** technique can be used

**Long Jump:** Using a **run up for momentum**, taking off on **one foot** and landing on two. This is usually done into a sand pit. How far can you jump?

### Jumping

**Long jump**—two footed single jump forward.

**Triple Jump**—hop, step and jump (single footed jumps)

**Vertical jump**—how high can jump?

**Speed Bounce**—in 20 seconds how many 2 footed side to side jumps can you do?



## Sky Objectives

1. Can prescribe another child with the correct technique for a sporting movement.
2. Can take the lead for a team in a competitive situation.
3. Can identify the effects exercise has on our pulse rate and how this can be used to project a level of fitness.