LKS2- Physical Education

Athletics Knowledge Mat

Subject Specific Vocabulary	
Sprint	To run at full speed over a short distance.
Stamina	The ability to sustain prolonged physical effort.
Technique	A way of executing a skill correctly.
Relay changeover	To pass a baton from one person to another, whilst running.
Long jump	To jump as far as possible along the ground in one leap.
Vertical jump	To jump as high as possible into the air in an upward motion.
Compete	To go against another person in a race.
Opponent	Someone who is competing against you in a race.

Crucial Connections

https://www.youtube.com/watch?v=1f_vpla_87E
https://www.youtube.com/watch?v=6Ahpejd7Hcw

https://www.youtube.com/watch?v=-0hCii4gmnA

Sticky Knowledge

I can sprint over a short distance

I can maintain a running speed over a longer distance.

I can perform a long jump with correct technique

I can perform a vertical jump with correct technique.

I can throw in different ways towards a target.

I can attempt a relay changeover

I can compete against an opponent and recognise a way to improve.

At the end of this topic I will be able to:

Use running, jumping, throwing in isolation and combination and use in a competitive situation.

Aspirations

Athlete
Sports Commentator
PE teacher

Related People

Jonnie Peacock (MBE) – Paralympic runner who won gold in the 2012/16 Olympic summer games in the 100M.

Tessa Sanderson – Is the first black British woman to have won an Olympic gold medal in javelin.



