UKS2- Physical Education

Athletics Knowledge Mat

Subject Specific Vocabulary	
Triple jump	To jump as far as possible using a combination of a hop, a step and a jump.
Control	To complete a skill safely using good muscle control and technique to enhance performance.
Consistency	To perform a skill over and over to the same standard.
Combine	To link two or more skills together fluently.
Sportsmanship	To show respect for others and show resilience and self-control when competing, regardless of the result.

Crucial Connections

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

https://www.youtube.com/watch?v=M1GAx_7hXv0

https://www.youtube.com/watch?v=_kEcfl3lC8g

Sticky Knowledge

I can perform a triple jump and improve my distance.

I have control in both take off and landing in a jump.

I can perform a relay changeover with speed and consistency.

I can throw in different ways with increased accuracy.

I can combine running and jumping.

I can compete in a competitive situation and demonstrate good sportsmanship.

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

Jonathan Edwards – He is an Olympic, world, commonwealth and European champion in the triple jump. He has held the world record since 1995.

Jessica Ennis-Hill – Heptathlete. She is the 2012 Olympic champion, a 3 times world champion and the 2010 European champion.



