

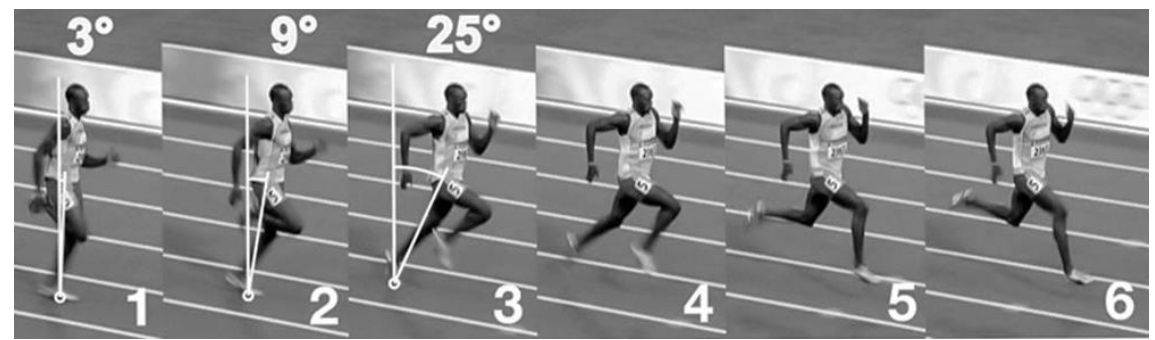


SUBJECT: PE KNOWLEDGE ORGANISER

ACTIVITY: ATHLETICS

YEAR: 8

TERM- (SUMMER) APRIL-JULY



KEY VOCABULARY

Running style (100/200m)	Running at a fast speed/pace over a short period of time. <b>Changing the running style to run the quickest time</b>
Introduce pace running 800m/1500M	Running at a slower speed/pace over a longer period of time. <b>Changing the running style to run the quickest time</b>
Jumping- Long jump	Running at a fast speed, taking off on 1 foot and landing on 2 feet in a sand pit. <b>On the take-off the runner pushing the hips forward to move the body further forward.</b>
Jumping- High jump	Running in a circular approach, taking off from 1 foot and landing on a mat on the back. <b>During the take-off, lifting hips to clear the bar.</b>
Throwing – Shot Putt	Throwing a ball with one hand in a forward direction. <b>On release keep the right extended to throw upwards.</b>
Throwing - Javelin	Throwing a spear with one hand in a forward direction. <b>Using the throwing arm to direct the throw and the release angle to allow the javelin to travel further.</b>
Throwing – Discus	Throwing a disc shaped object, with one hand in a forward direction. <b>Using the preparation swing to generate power to release the discus.</b>
Relay	Working as a team of 4 to carry a baton around the track. <b>Changing tactics during the race to help achieve the quickest time.</b>



KEY QUESTIONS

- When running the 100/200 m what is the best technique to help run quicker?
- How do the hips help you to travel further in the long jump?
- How can you adapt your technique to jump higher in the high jump?
- How can you generate more power in the Discus?
- What tactics can be applied in the relay?