


## Athletics Knowledge Organiser

	<b>DECLARATIVE KNOWLEDGE</b> - Displaying factual knowledge:	<b>PROCEDURAL KNOWLEDGE</b> - Can practically demonstrate how to apply their knowledge:
<b>KS1</b>	<ul style="list-style-type: none"> <li>• Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</li> <li>• Show understanding and a basic level of control, coordination and consistency when running.</li> <li>• Begin to evaluate and improve own performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</li> <li>• Experiment with different jumping techniques, showing control, coordination, and consistency throughout.</li> <li>• Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</li> <li>• Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.</li> </ul>
<b>LKS2</b>	<ul style="list-style-type: none"> <li>• Choose the appropriate running speed to meet the demand of the task.</li> <li>• Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broad range of athletic skills in different ways.</li> <li>• Show control, coordination and consistency when running, throwing, and jumping.</li> <li>• Combine basic jump actions to form a jump combination, using a controlled jumping technique.</li> </ul>
<b>UKS2</b>	<ul style="list-style-type: none"> <li>• Choose the appropriate speed to run at for the distance to be covered.</li> <li>• Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</li> <li>• Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</li> <li>• Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles.</li> <li>• Understand appropriate pace judgement for the running distance to be covered.</li> <li>• Understand the appropriate throwing and jumping technique to achieve maximum distance and height.</li> <li>• Share and discuss athletic techniques with others.</li> <li>• Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> <li>• Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.</li> </ul>	<ul style="list-style-type: none"> <li>• Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</li> <li>• Communicate, collaborate, and compete with others. Working effectively as part of a team.</li> <li>• Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li> <li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> <li>• Work effectively as part of a team.</li> <li>• Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.</li> </ul>

