



Coleman Primary School

Year 4 Summer 1 Knowledge Organiser

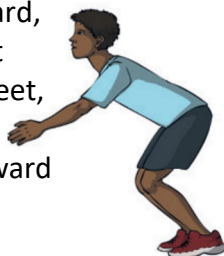
PE—Pentathlon

You will learn...

- to develop jumping skills
- to develop throwing skills
- to run efficiently

Standing long jump

- Feet shoulder width apart, take off from flat feet
- Crouch down, arms held behind
- Swing arms forward, push hard on feet
- Land on balls of feet, feet together, weight going forward



Key Vocabulary: Pentathlon

sprinting: running fast over a shorter distance

sling throw: holding object out to side and swing arm to throw, used for discus

overarm throw: beginning with the object to be thrown behind your body, used for javelin

standing long jump: jumping from two feet to two feet

push two handed throw: throwing a ball from the chest with two hands, similar to shot put technique

pentathlon: combining 5 athletic events including running, jumping and throwing

Sprinting

- Run on balls of feet
- High knee lift
- Vigorous forwards and backwards arm action
- Elbows bent (90 degrees)
- Run tall, eyes focused straight ahead, relax



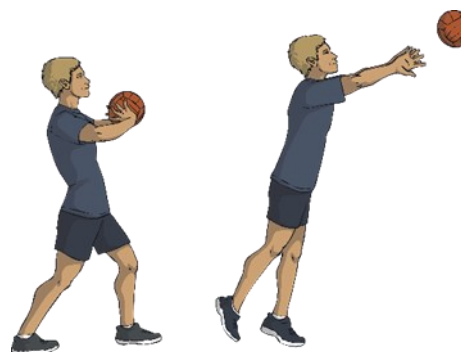
Overarm throw

- Sideways position
- Opposite foot forwards
- Hold ball behind the body and above the shoulder
- Lean back, bend arm, turn body and throw the ball
- Finish, weight forwards on front foot



Push throw

- Start facing the throwing direction
- 1 foot in front of the other
- Hold ball with 2 hands in front of the chest
- Transfer weight forward and simultaneously extend the arms
- Push ball away with fingers



Sling throw

- Sideways position
- Feet shoulder width apart
- Hold quoit in hand, palm facing downwards
- Swing arm backwards and then forwards – long sweep
- Release quoit in front of the body, shoulder height (angle 45 degrees)



PE Skills Progression

In Year Three you were...

- starting to run at a speed appropriate to the distance you were running
- starting to jump accurately from a standing position and take a running jump
- demonstrate some basic throwing actions using a variety of objects

In Year Four you will...

- run at a speed appropriate to the distance you are running
- jump accurately from a standing position and take a running jump
- demonstrate a range of throwing actions using a variety of objects