



Coleman Primary School

Key Knowledge Organiser:

Year 5- Summer 1 and 2.

Athletics- Heptathlon. In this unit, the children will copy, repeat, refine, evaluate and further develop a variety of simple athletic skills actions (run, throw and jump) showing control and co-ordination. They will set targets and monitor progress to improve these skills. They will select and carry out appropriate warming up and cooling down activities and recognise how personal health and well-being is promoted through participation in athletic events. They will also apply rules and use strategic thinking to observe and evaluate a partner's running/throwing/jumping action.

Key Vocabulary

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| Athletic Techniques | The manner and ability with which an athlete employs the technical skill of a particular endeavour or action. |
| Sprinting | Running quickly straight ahead, on balls of feet, with a high knee lift and vigorous forwards and backwards arm action. |
| Long distance running | Running a longer distance at a steady, constant speed with arms low and relaxed and a heel-toe action. |
| Standing start | 1 foot up to the line with both legs bent, feet pointing straight ahead and arms ready in running position with elbows bent. |
| Throwing technique | Throw from a balanced position, keeping feet on the ground for, adopting a sideways position and taking object back as far as possible. |
| Overarm/pulling throw | Holding object behind the body and above shoulder and using elbow to throw it forward. |
| Javelin technique | Use overarm/pull throw above shoulder to pull javelin, by releasing it in front of body, travelling forward and upwards. |
| Push two handed throw | To hold ball with 2 hands in front of the chest and then push ball away with fingers by extending the arms and transferring body weight forward. |
| Shot put technique | To push shot (beanbag) outwards and upwards from the chin, remembering to |

Images:



Key concepts to be explored:

- Refine and further develop a variety of running, jumping and throwing techniques.
- Setting targets and monitoring progress.
- Prepare for and recover from athletic performance.
- Understand the limits of own performance.
- Apply rules and conventions of athletic performance.
- Evaluate own and others' performance.

Athletics skills:

Athletics skills learned prior to this unit:

I can run at a speed appropriate to the distance I am running.
 I can jump accurately from a standing position and I can take a running jump.
 I can demonstrate a range of throwing actions using a variety of objects.
 I can recognise a change in heart rate, temperature and breathing rate during exercise.

Athletics skills learned in this unit:

I am starting to improve and sustain different running techniques at different speeds in a variety of athletic events.
 I am starting to show accuracy and technique in a range of throwing and jumping actions.

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| | bend knees and then lift/extend legs, whilst rotating forwards | <p>Core task:</p> <ul style="list-style-type: none"> To develop the stamina to keep going (jogging) for 5 minutes To be able to participate in, officiate, record and evaluate an athletic “heptathlon” event To participate in three running events (sprint and distance), three jumping events (for distance, for height and combination) and three throwing events (using a push, pull or sling action as appropriate). To identify the seven best events to count. | <p>I am beginning to identify and explain what makes a good athletic performance.</p> <p>I understand how to work safely.</p> <p>I recognize changes in my body.</p> <p>I can give reasons why PE is good for my health.</p> |
| Sling throw | To swing arm backwards and then forwards in a long sweep, releasing quoit in front of the body, at shoulder height. | | |
| Discus technique | To swing arm backwards and then forwards in a long sweep, releasing quoit in front of the body, at shoulder height. | | |
| Standing long jump | A standing jump that takes off from flat feet, using arms to swing forward and push hard on feet to help transfer body weight forward. Land on balls of feet which should be closed together. | | |
| Hurdling | Running quickly over and clearing obstacles by using a leading leg to bend and stretch over the hurdle, followed by the trailing leg. Lean body forward from the waist, maintaining a quick speed throughout, whilst synchronising arms and legs together. | | |