



Coleman Primary School

Key Knowledge Organiser:

Year 6- Spring 2.

Athletics: Decathlon. To develop knowledge of preparing for, participating in, and recovering from a training session to improve athletic fitness. To develop personal performance as an athlete and an official in run, jump and throw events. To compete, measure, record and compare performances in running, jumping and throwing.

Key Vocabulary



Knowledge:
 *To know how to refine and develop a variety of running, jumping and throwing techniques.
 *To know how to set targets and monitor progress
 *To know how to prepare for and recover from athletic performance; *To know how to understand the limits of own performance;
 *To know how to apply rules of athletic events; use strategic thinking to improve performance;
 *To know how to evaluate own and others' performance.

Athletics Skills Progression:
Skills learned prior to 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.
- I am beginning to identify and explain what makes a good athletic performance.

Skills learned in this unit:

- I can improve and sustain different running technique at different speeds in a variety of athletic events.
- I can demonstrate accuracy and technique in a range of throwing and jumping actions.
- I can identify and explain what makes a good athletic performance.
- I can explain how to improve technique in a variety of events

Decathlon	An event which includes 10 different event, including running, jumping and throwing
Refine and develop	To improve and perfect technique in a sports event
Technique	Skill and ability in sports which is developed through practice
Target	A performance goal to aim for through practice and training.
Monitor progress	Watching and recording your performance to try and improve it.
Performance	The way participation in sport is measured.

<p>Interval training</p>	<p>Alternating short bursts of intense exercise with longer periods of less intense exercise</p>		<p>Main Muscle groups in athletics</p> <p>Gastrocnemius - The chief muscle of the calf of the leg, which flexes the knee and foot.</p> <p>Quadriceps - The large muscle at the front of the thigh which acts to extend the leg.</p> <p>Groin – the area between the abdomen and the upper thigh on either side of the body.</p> <p>Latissimus dorsi - a pair of large, roughly triangular muscles covering the lower part of the back</p> <p>Triceps - the large muscle at the back of the upper arm.</p> <p>Deltoid - A large triangular muscle that covers the shoulder joint and serves to raise the arm laterally</p> <p>Gluteus maximus - any of three muscles in each buttock which move the thigh, the largest of which is the <i>gluteus maximus</i>.</p>
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