

PE · Y3-Y6

# Athletics

Knowledge Organiser — KS2 PE

## Key vocabulary

1

**Athletics**

Sports involving running, jumping and throwing.

2

**Sprint**

Running as fast as possible over a short distance.

3

**Endurance**

Keeping going for a long time without stopping.

4

**Pace**

How fast you move. 'Pacing yourself' = not going too fast at the start.

5

**Stamina**

Your body's ability to keep exercising for a long time.

6

**Take-off**

The push from one or both feet to begin a jump.

7

**Landing**

How you finish a jump — bend knees, balanced, safe.

8

**Personal best (PB)**

Your own best time, distance or height — your benchmark to beat.



9

**Warm-up**

Gentle exercise before harder activity — prepares muscles, prevents injury.

10

**Cool-down**

Gentle exercise after — helps your body return to rest.

# Running

Sprinting vs distance running

- SPRINTING (short distances, e.g., 60m, 100m):
  - Push off explosively from the start.
- Drive arms strongly forward and back.
  - Lift knees high, run on balls of feet.
- Keep head still and look forward.
  - DISTANCE RUNNING (longer, e.g., 400m, 800m):
    - Pace yourself — don't sprint at the start.
    - Steady breathing — in through nose, out through mouth.
- Relaxed shoulders.
  - Land on whole foot.
- Save energy for the final push.

# Jumping

Long jump and high jump

- LONG JUMP:
  - Run-up: build speed.
- Take-off: jump from one foot at the take-off board.
  - In the air: arms forward, knees up.



- Landing: feet forward, bend knees, lean forward.
- STANDING LONG JUMP (no run-up):
  - Bend knees, swing arms back, then forward.
  - Push from both feet at the same time.
  - Land on both feet, knees bent.
- HIGH JUMP:
  - Curved run-up.
  - Take off from one foot.
  - Arch back over the bar.
  - Land on shoulders on the mat.

## Throwing

Three throwing styles

- OVERARM (e.g., ball throw, javelin):
  - Stand sideways, opposite foot forward.
  - Arm back, then snap forward.
  - Release at the highest point.
  - Follow through with your arm.
- PUSH (e.g., shot put):
  - Hold weight near neck.
  - Use legs, then push out and up.
  - Don't 'throw' — push.
- PULL (e.g., discus, vortex):



- Held at the side.
- Spin and release in a flat arc.
- Always check the area is clear before throwing.

## Warm up and cooling down

Always do both

- WARM-UP (5-10 minutes):
  - Start with gentle jogging or walking.
  - Add dynamic stretches — leg swings, arm circles.
  - Build up gradually to game pace.
  - PURPOSE: prepares heart, lungs, muscles.
- COOL-DOWN (5-10 minutes):
  - Slow walking or jogging.
  - Static stretches — holding stretches for 15-20 seconds.
  - PURPOSE: helps recovery, reduces stiffness.
- Skipping the warm-up is the main reason people get injured.

