









Highsted Knowledge Organiser

Physical Education

Year 7 Athletics

<p>What I need to know:</p> <p>Can select and apply skills and actions demonstrating precision, control and fluency in competition safely.</p> <p>Track – sprint, relay and middle distance – start, arm and leg action, head, pacing, finish baton exchange.</p> <p>Jumps – High jump – run up, take-off, flight & landing</p> <p>Throws – Shot, Javelin and Discus – grip, preparation, movement & release</p>	<p>Key Vocabulary:</p>  <p>Relay Shot Javelin Discus Power Speed CV Endurance Muscular endurance Accelerate Pacing</p>
<p>Student reference point:</p>	
 <p>Watch the following clips to improve your own technique in lessons or an athletics competition.</p> <p>https://www.youtube.com/watch?v=2twa8CAFPIs Sprinting technique</p> <p>https://www.youtube.com/watch?v=tHVMufMECPo Basic Shot-put technique</p> <p>https://www.youtube.com/watch?v=z01uou_tbH0 Javelin technique</p>	 <p>Attend athletics extra-curricular clubs within school to develop your technique and fitness further.</p> <p>Speak to your PE teacher about athletics clubs in the wider community.</p> <p>Attend live athletics competition if you can as this is a great way to develop knowledge of skills, tactics and strategies</p>
 <p>Watch an athletics event on TV to see the excellent technique of the elite athletes that are competing. Do they appear to be following the technique shown in the videos above?</p>	 <p>Research the rules for an event of your choice. How is the event officiated?</p>
<p>Challenge question: Find out who are the GB elite performers for an athletic event of your choice?</p>	
<p>Suggested reading:</p>	
<p>Kelly Holmes (library) </p> <p>Run Rebel (library)</p> <p>Track Athletics (library)</p> <p>Usain Bolt (library)</p> <p>Running with Lions - Julian Winters</p>	