



Highsted Knowledge Organiser

Physical Education

Year 8 Athletics

What I need to know:

Can select and apply skills and actions demonstrating precision, control and fluency in competition safely.

Track – sprint and middle distance – start, arm and leg action, head, pacing and finish.

Jumps – High jump – run up, take-off, flight & landing

Throws – Shot, Javelin and Discus – grip, preparation, movement & release

Key Vocabulary:



Relay
Shot
Javelin
Discus
Power
Speed
CV Endurance
Muscular endurance
Accelerate
Pacing

Student reference point:



Watch the following clips of elite athletes so you can visualise good technique and try to use this as a guide to improving your own technique.

<https://www.youtube.com/watch?v=ax8PGdN0i78>

High jump

<https://www.youtube.com/watch?v=koCva33jYNU>

100m

<https://www.youtube.com/watch?v=gFfudAXH4rc>

Javelin

<https://www.youtube.com/watch?v=Y463P-Y4o18>

Shot put – 48sec



Attend athletics extra-curricular clubs within school to develop your technique and fitness further.

Speak to your PE teacher about athletics clubs in the wider community.

Attend live athletics competition if you can as this is a great way to develop knowledge of skills, tactics and strategies



Can you practice the skills from the videos you have watched from the task above in your lessons or matches to refine your own performance?



Select 5 events and find out the world record for both men and women.

Challenge question: Who was Baron Pierre De Coubertin?

Suggested reading:

Kelly Holmes (library)

Run Rebel (library)

Track Athletics (library)

Usain Bolt (library)

Running with Lions - Julian Winters

