









Highsted Knowledge Organiser

Physical Education

Year 9 Athletics

<p>What I need to know:</p> <p>Can select, apply and modify skills and actions demonstrating precision, control and fluency in competition safely.</p> <p>Track – sprint and middle distance – start, arm and leg action, head, pacing and finish.</p> <p>Jumps – High jump – run up, take-off, flight & landing</p> <p>Throws – Shot, Javelin and Discus – grip, preparation, movement & release</p> <p>Be able to take on the role of a coach or official.</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 learn how to develop your knowledge as an official.</p> <p>https://www.youtube.com/watch?v=6iM5tVbsXt4 Shot put rules</p> <p>https://www.youtube.com/watch?v=vY6BjY-5BVI Javelin rules</p> <p>https://www.youtube.com/watch?v=zXNYjS9OzO4 Discus rules</p> <p>https://www.youtube.com/watch?v=T-xfX2SzAVk High Jump rules</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>Can you use the knowledge gained from the videos you have watched from the task above to take on an official role in your PE lessons?</p>	 <p>Athletics is a very inclusive sport. Have a look at the video to see how some events are made accessible for performers with a disability.</p> <p>https://www.youtube.com/watch?v=loclkk3aYlk</p>
<p>Challenge question: Why were the 2012 Olympic mascots called Wenlock and Mandeville?</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>	