



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Athletics

Year: 8

Key Skills:

Running events

- Starting: • Use of Blocks (where relevant) • Leg action: • Foot strike • Cadence • Bend running (where relevant) • Stride pattern/pacing • Hurdling with either leg (where relevant)

Jumping events

- Approach: • Hitting appropriate speed for take-off • Efficient transition between technical phases of the movements • Flight: • Appropriate elevation • Landing • movement of the body beyond initial point of contact (long jump and triple jump)

Throwing events

- Travel: • use of cross step/glide (where applicable) • rotational throws (where applicable) • Release phase: • Appropriate angle of release • Efficient transition between technical phases of the movements



Rules

Each individual discipline has its own specific set of rules and competitors are expected to abide by these to ensure that the competition is fair.

Some athletics events you are likely to cover include the following;

- 100 metres
- 200 metres
- 400 metres
- 800 metres
- 1500 metres
- 110 metres hurdles
- 4 x 100 metres relay
- High jump
- Long jump
- Triple jump
- Shot put
- Discus throw
- Javelin throw

Stretch and Challenge Task:

Research local clubs and events , perhaps you could get involved...!

<http://derbyathletic.club/>

Key Content and Terms to learn:

HAMMER THROW: a sports event of throwing the hammer* HEPTATHLON: an athletic event in which competitors take part in seven sports events* HIGH JUMP: a sports event in which competitors jump over a bar* HURDLES: a series of frames that runners must jump over* LANE: parallel lines on a running track