





Stillness Juniors Knowledge Organiser – Athletics/Track & Field

Key Skills		Focus
Skill	Description	<ul style="list-style-type: none">Athletics requires lots of rules and techniques. It also requires lots of mathematical knowledge to work out distances, length and time – this means rounding sometimes.Personal skills such as honesty and fairness are also key.Communicating – giving clear instructions or feedback.
Speed	To move quickly.	
Acceleration	To go from still to moving at speed as fast as possible	
Hurdles	An obstacle that a runner may have to jump over during a race.	
Consistency	Being able to perform the same skill accurately repetitively.	
Endurance	Being able to repeat a specific movement-running a long distance.	
Relay	Working as a team to complete a race with a baton.	
Finishing Line	The point at which the race/event ends.	
Events	Olympic Games	
<ul style="list-style-type: none">Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years 	<ul style="list-style-type: none">London 2012 Summer 2012 was an Olympic summer for England as London hosted the competition. Loads of fun activities took place for all ages around the country!In 2020 it was held in Tokyo, with Great Britain winning 64 medals (gold to bronze).In 2024 it will be in Paris.	



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Track: Running Events

50m sprint: Running as **fast as you can** from the start until the finish

400m: **Endurance** race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?

Running Technique

Having a good technique will help improve times. When sprinting making sure that you **run in a straight line, keep looking forward and not at others, run through the line and dip forward just as your finishing!**

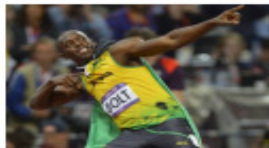
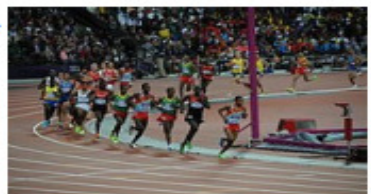
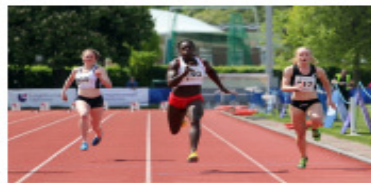
Maybe you could be the next Usain!

In a longer distance you don't have to stay in a specific lane **so run on the inside lane as it's shorter with the turns!**

Field: Jumping and Throwing

Howler Throw: **Overarm** throw trying to launch the howler as far as possible. A **straight or bent arm** technique can be used

Standing Long Jump: **Two footed single jump forward.** How far can you jump?



Asafa Powell

Is a Jamaican sprinter who is currently one of the fastest runners in the world. He has had a history of breaking the 100m sprint in under 10 seconds



Track: Running Events

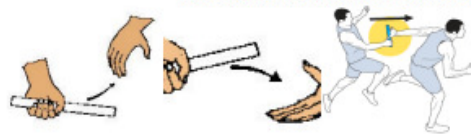
75m sprint: Running as **fast as you can** from the start until the finish

600m: **Endurance** race meaning you can't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?

Relay Changeover

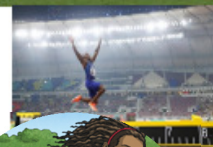
Passing the baton to the next runner is a vital aspect of a relay race. The next **runner needs to be moving** when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.



Field: Jumping and Throwing

Howler Throw: **Overarm** throw trying to launch the howler as far as possible. A **straight or bent arm** technique can be used

Long Jump: Using a **run up for momentum**, taking off on **one foot** and landing on two. This is usually done into a sand pit. How far can you jump?



Shelly-Ann Fraser

Is the fastest women's runner 2022 and is regarded as one of the greatest sprinters of all time.

race so that you don't get too tired too quickly but have still run as fast as you can.

