





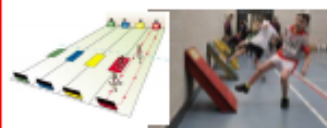
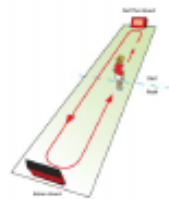


Year 5/6 Indoor Athletics Knowledge Organiser

Key Knowledge		Key Vocabulary	Officiating Focus																										
Learn these key facts—key points in red		Understand these key words																											
<div><div></div><div><h3>Jumping</h3><p>Long jump—two footed single jump forward.</p><p>Triple Jump—hop, step and jump (single footed jumps)</p><p>Vertical jump—how high can jump?</p><p>Speed Bounce—in 20 seconds how many 2 footed side to side jumps can you do?</p></div></div>		<table><tr><th>Word</th><th>Definition</th></tr><tr><td>Officiate</td><td>To assist running events by applying rules</td></tr><tr><td>Analysis</td><td>Be able to look at performance and suggest improvements.</td></tr><tr><td>Technique</td><td>Understand the set of actions required for each activity.</td></tr><tr><td>Relay Changeover</td><td>How the baton is passed from one runner to the next.</td></tr><tr><td>Agility</td><td>The ability to speed up / slow down and change direction.</td></tr><tr><td>Finishing line</td><td>The point at which the timer stops—You DO NOT STOP HERE!</td></tr><tr><td>Obstacle</td><td>An object such as a hurdle, post, tunnel or speed bounce.</td></tr><tr><td>Consistency</td><td>Being able to perform the same skill accurately repetitively.</td></tr><tr><td>Speed Endurance</td><td>Keep going at top speed for a prolonged time.</td></tr><tr><td>Explosive Power</td><td>Force generated by your body to make your body jump.</td></tr><tr><td>Relay</td><td>Working as a team to complete a race with a baton.</td></tr><tr><td>Momentum</td><td>Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible</td></tr></table>	Word	Definition	Officiate	To assist running events by applying rules	Analysis	Be able to look at performance and suggest improvements.	Technique	Understand the set of actions required for each activity.	Relay Changeover	How the baton is passed from one runner to the next.	Agility	The ability to speed up / slow down and change direction.	Finishing line	The point at which the timer stops—You DO NOT STOP HERE!	Obstacle	An object such as a hurdle, post, tunnel or speed bounce.	Consistency	Being able to perform the same skill accurately repetitively.	Speed Endurance	Keep going at top speed for a prolonged time.	Explosive Power	Force generated by your body to make your body jump.	Relay	Working as a team to complete a race with a baton.	Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible	<p>Officiating each other is vitally important in athletics, this shows a good understanding and demonstration of both rules and technique.</p> <p>It also applies lots of mathematical knowledge to working out distances, lengths and times—rounding is also used.</p> <p>Personal skills such as honesty and fairness are also important when officiating.</p> <p>Communication—giving clear instructions or feedback.</p> 
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<div><div><h3>Throwing</h3><p>Chest push—using a basketball—try to send it as far as possible.</p><p>Overarm Throw—shuttlecock / foam javelin used.</p><p>How far can you throw it?</p></div><div><h3>Running</h3><p>Running starts in the middle of the hall goes to one end then the other and back to the middle (1 lap) - sometimes obstacles are on the track too. Individual or as a team</p></div></div>																													