St Andrew's Church of England Primary School

LKS2 Knowledge Organiser – Term 6 PE – Athletics

Outcomes
• run at fast, medium and slow speeds, changing speed and direction
• link running and jumping activities with some fluency, control and consistency
• make up and repeat a short sequence of linked jumps
• take part in a relay activity, remembering when to run and what to do
• throw a variety of objects, changing their action for accuracy and distance
• run over a long distance
• sprint over a short distance
• throw in different ways
• jump in different ways
• hit a target

Spring start





Key vocabulary
sprint – run at full speed over a short distance.
pace – speed of walking or running.
technique – way of carrying out a particular tsk.
accuracy – being correct or precise.
control – to have influence over something.
take off – when an athlete leaves the ground.
hand over – to pass and receive the relay baton.
sustain – to keep going.

Standing long jump



Javelin throw

