

# PE Athletics

## Year 4 Knowledge Organiser

### Key Knowledge

#### 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 yourself so that you don't get too tired too quick-y but have to still run as fast as you can.

**How quickly can you complete the races?**

#### Running Technique

Having a good technique will help improve your running 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!

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

**Javelin** -Overarm throw trying to launch the javelin 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?

### Key Vocabulary

<b>field events</b>	Events that are based around jumping and throwing
<b>hurdles</b>	Objects that runners may have to jump over during a running race
<b>lanes</b>	The running area that you are allowed in
<b>momentum</b>	Creating speed that is used to transfer power into a jump, throw or to gain top speed as quickly as possible
<b>reaction time</b>	How quickly you react
<b>relay</b>	Running at speed to complete a race as part of a team while passing a baton
<b>speed</b>	How quickly you cover a distance during a specific time
<b>track</b>	Events that involve running, usually on the running track

