



PE - Knowledge Organiser

Year 3 -Athletics- Summer 2

Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Official Athletic Events

Running

Sprinting
100m, 200m, 400m

Hurdles

Relay

Middle distance
800m, 1500m

Long distance
5,000, 10,000

Steeplechase

Jumping

Long jump
Jump for distance

Triple jump
Jump for distance

High jump
Jump for height

Pole vault
Jump for height

Throwing

Discus
Fling throw

Shot
Push throw

Hammer
Fling throw

Javelin
Pull throw

Powerful Knowledge

speed • accurately • power • personal best
 determination • further • faster
 control • strength • pace

Key Skills: Physical

- Sprinting
- Running over obstacles
- Jumping for distance
- Jumping for height
- Push throw for distance
- Pull throw for distance



Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



Teacher Glossary



- Push throw:** when the performer pushes the item through the air
- Pull throw:** when the performer pulls the item through the air
- Jump:** take off and land on two feet
- Hop:** take off on one foot and land on the same foot
- Leap:** take off on one foot and land on the other
- Changeover:** where a baton is passed from one person to another