South Farnham School *The Continual Pursuit of Excellence* Part of the South Farnham Educational Trust	PE Subject Knowledge Organiser		
	Summer Term	**Year 6**	**Athletics**

What prior knowledge should students have?

- Pupils have begun to demonstrate an understanding of different types of jumps (high jump, triple jump and long jump). They have started to develop technical skills whilst performing each jump.
- Pupils have understood how stamina and power helps people perform well in athletic situations.
- Pupils have been introduced to exchanging a relay baton within a given space.

Key Vocabulary	Definition
Push throw	This throw involves a pushing motion with the arm to propel the object forward. It's typically used for throws where maximizing distance isn't the main goal, such as shot put practice in this scheme.
Pull throw	This throw utilizes a pulling motion with the arm to generate power and throw the object over the shoulder. It's commonly used for throwing objects for distance, like javelin throws in athletics.
Fling throw	This throw involves a whipping or rotational motion of the arm and body to propel the object. It's often used for throwing objects in a quick, underhand motion, like dodgeball throws
Heave throw	This throw involves using the whole body to lift and throw a heavier object with maximum force. It's often used for throwing objects in an overhead motion, like throwing a medicine ball.

What skills will students learn? (Disciplinary Knowledge)

- To learn different techniques of running for the style of race (long distance and sprints)
- To use the correct throwing technique depending on what object is being thrown.
- To learn different techniques for jumping and be introduced to the standing triple jump.

What key knowledge will be taught? (Substantive Knowledge)

- To know that different throwing techniques need to be used depending on what object is being thrown.
- To know the correct technique for a standing sprint start and how this can improve sprint times.
- To know that there are different jumping competitions in athletics.

Correct throwing technique

1. Grip: The thrower grasps the object in a way that allows for control and power transfer.
2. Wind-up: The thrower prepares for the throw by shifting weight back and coiling the body (like a spring). The throwing arm swings back.
3. Step: The thrower takes a step forward with the opposite foot of the throwing arm for momentum and stability.
4. Arm swing: The throwing arm swings forward with power, accelerating the object.
5. Follow-through: After releasing the object, the thrower continues the throwing motion for balance and to maximize force transferred to the object.