

KS1 Knowledge Organiser

PE - Athletics

Inspirational Athlete

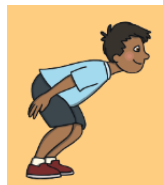


Geraldina Asher Smith

Fastest British woman in recorded history.
2019 world champion in 200m sprint.

Key Vocabulary

Run	Accuracy
Jump	Distance
Sprint	Height
Jog	Speed
Overarm throw	Underarm throw
Space	Race



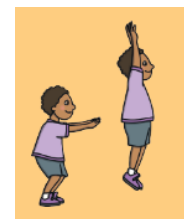
Take off



Land



Sprint



Jump



Jog



Race



Team

Can you sprint for a short amount of time?

End of Key Stage Expectations

- I can move at different speeds.
- I can jump for height and jump for distance.
- I can land safely.
- I can show and explain how to sprint and jog.
- I can use the correct technique to take off.
- I can change direction when walking or running.
- I can use my arms for distance and balance.
- I can explain how my body feels when moving at different speeds.
- I can find and move into space.

