



RAINFORD
HIGH


Year 7 Athletics Knowledge Organiser



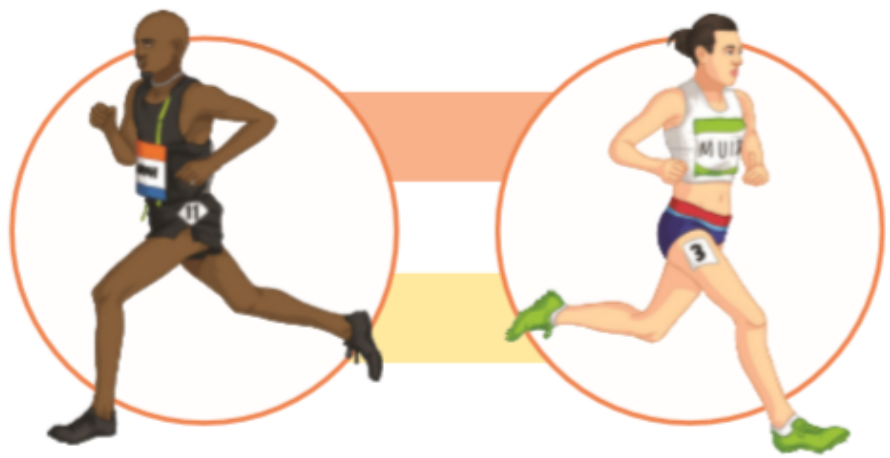
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Key Skills		Scoring	Physical Fitness	Pitch
Skill	Description	Timed: running, relays and hurdles. Measured: jumps and throws.	<ul style="list-style-type: none">• coordination;• reaction time;• strength;• speed;• flexibility;• timing.	<p>This area consists of an oval-shaped running track which has a grass field in the middle where throwing and jumping events can take place.</p> 
running	An action to move quickly with the correct technique using arms and legs as effectively as possible.			
throwing	The ability to propel an object through the air as far as possible.			
jumping	The technique to propel the body into the air to either cover distance, height, or both.			
		Tactical Skills		
		<ul style="list-style-type: none">• decision making• team work in relays		
Do you know what these words mean?				

Equipment	Common Fouls
<ul style="list-style-type: none">• running track;• discus;• shot;• javelin;• high jump;• long jump pit;• hurdles;• relay baton.	<ul style="list-style-type: none">• false start;• crossing over the lanes;• stepping over the throw/jump line;• knocking the bar off in high jump;• a no-throw;• dropping the baton.



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Do you know what these words mean?

Key Terms

Pacing	False start	Lean
Distance	Non Throw	Throw/Jump
Fosbury Flop		

Key Skills:

Running events

Starting • Finishing • Posture • Leg action • Arm action • Head carriage

Jumping events

Approach • Synchronisation of arm and leg action • Take off/pole plant • Flight • Landing

Throwing events

• Initial stance • Grip • Throwing action • Release phase • Recovery phase/follow through



Stretch and Challenge Task:

Research the past Olympic games, they have an incredible history!

<https://www.olympic.org/>

Skills

- I can change my speed to suit the **distance** of the race I am running.
- I can release the **throwing** equipment at the appropriate time and angle to allow for a correct throw.
- I can use speed and height to propel myself over a **distance**.
- I can use the correct technique when sprinting



Decision Making

- I can decide when I need to increase my speed to overtake an opponent.
- I can decide when I need to decrease my speed to conserve energy.
- I can adapt my technique to improve my **throwing** ability.
- I can measure out how many steps I need to take in order to better my **jumping** abilities.

Track Rules

- I must wait behind the start line for the go to be called and then I may begin to run my race.
- I must stay in my lane and only merge lanes when told it's allowed.

Jumping Rules

- My foot must not cross over the **jumping** board line when taking off for my **jump**.

Throwing Rules

- I must not cross over the **throwing** line when I have **thrown** the specialist equipment.



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