



# Lyng Primary School P.E Knowledge Organiser



Topic: Athletics

Year 2

Summer 2

## Unit Objectives

- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
  - Running - sprint
  - Jumping – long jump
  - Throwing - javelin



## Key words

Spelling	Definition
Running	Running in athletics means running in competition with other people.
Sprinting	A short, fast running race.
Jumping	Jumping in athletics means jumping in competition with other people.
Long jump	Jumping as far as you can from a marker which you run up to.
Distance	The distance between two points or places is the amount of space between them.
Throwing	Throwing in athletics means throwing in competition with other people.
Javelin	A javelin is a long spear that is used in sports competitions.
Aim	To point towards something before throwing it.

“Enjoy the game and chase your dreams. Dreams do come true!”

Sachin Tendulkar



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Name of sport: \_\_\_\_\_

Name of skill: \_\_\_\_\_

Name of sport: \_\_\_\_\_

Name of skill: \_\_\_\_\_

Name of sport: \_\_\_\_\_

Name of skill: \_\_\_\_\_

Javelin      Name of sport  
sprinting      long jump

running      Name of skill  
throwing      jumping

**“Self-belief and hard work will always earn you success” – Virat Kohli**