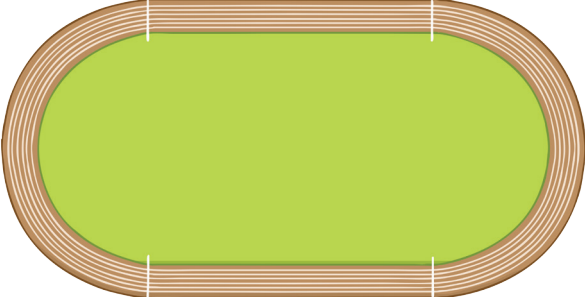


# Athletics Knowledge Organiser

Key Skills		Scoring	Physical Fitness	Pitch							
<table border="1"> <thead> <tr> <th>Skill</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>running</td> <td>An action to move quickly with the correct technique using arms and legs as effectively as possible.</td> </tr> <tr> <td>throwing</td> <td>The ability to propel an object through the air as far as possible.</td> </tr> <tr> <td>jumping</td> <td>The technique to propel the body into the air to either cover distance, height, or both.</td> </tr> </tbody> </table>	Skill	Description	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.	<p>Timed: running, relays and hurdles.</p> <p>Measured: jumps and throws.</p> <p><b>Tactical Skills</b></p> <ul style="list-style-type: none"> <li>• decision making</li> <li>• team work in relays</li> </ul>	<ul style="list-style-type: none"> <li>• coordination;</li> <li>• reaction time;</li> <li>• strength;</li> <li>• speed;</li> <li>• flexibility;</li> <li>• timing.</li> </ul>	<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> 
Skill	Description										
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.										
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• running track;</li> <li>• discus;</li> <li>• shot;</li> <li>• javelin;</li> <li>• high jump;</li> <li>• long jump pit;</li> <li>• hurdles;</li> <li>• relay baton.</li> </ul>	<p><b>Common Fouls</b></p> <ul style="list-style-type: none"> <li>• false start;</li> <li>• crossing over the lanes;</li> <li>• stepping over the throw/jump line;</li> <li>• knocking the bar off in high jump;</li> <li>• a no-throw;</li> <li>• dropping the baton.</li> </ul>	