Year 9 Athletics Knowledge Organiser

Decision making

- I can judge my own ability and decide if I should be a lead runner or a heel chaser.
- I can evaluate how the weather and direction of the wind will affect my running, throwing and jumping.
- I can calculate the distance between the pit/high jump and myself, and can adjust my stride.

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my athletics performance.
- I can analyse the impact of different exercises on my performance in athletics.
- I can explain what type of exercise is predominately used in athletics and how to develop this energy system.

Key Terms

Lead runner
Sprint
Starting Blocks
No Throw/Jump
Heel chaser
Steady
Stride

Skills

- I can be up on the balls of my feet with a tall posture and 90* angled knees when sprinting. However, I can relax my arms and open my stride when running a middle distance event.
- I can show good reaction time by starting my race as soon I hear the start gun/call.
- I consistently use the correct jumping technique in high/long/triple jump in order to achieve a good height/distance.

Confidence, Passion & Leadership

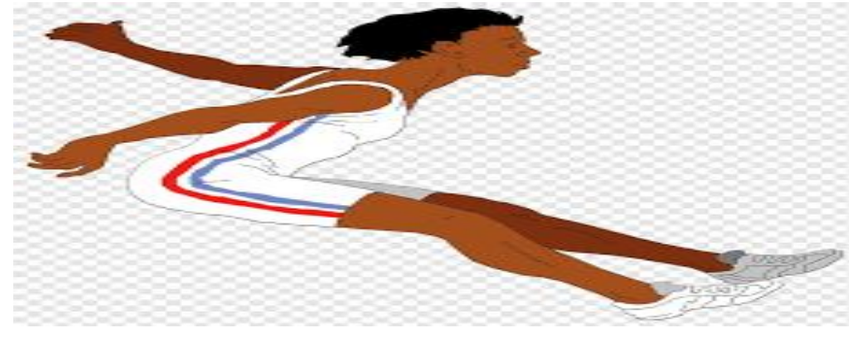
- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a peer in order to improve their performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Track Rules

- I must wait behind the start line for the 'go' before I can run. My hands must be placed behind the line.
- I must stay in my lane and only merge lanes when performing a middle distance race.
- You will be disqualified if you pass the baton outside of the exchange zone.

Jumping Rules

- My foot must not cross the jump board line when taking off. If this is done it would be a no jump.
- If I knock the bar from the high jump it becomes a no jump.
- You have three attempts at scoring your highest/longest jump. An umpire will show a white flag for a legal jump, and a red flag for a no jump.

Throwing Rules

- I must not cross the throw line when I throw the specialist equipment. If this is done it would be a no throw.
- You have three attempts at recording your furthest throw. The shot/discus/javelin must land within the marked area.