

# Key Stage 3 Knowledge Organiser- Athletics

## Javelin

- Sideways stance
- Weight in back leg
- Arm holding javelin outstretched behind you
- Bend arm at elbow, to pull the javelin forwards
- Transfer weight onto front leg
- Aim to release the Javelin at a 45degree angle
- Advanced: carry out three step run up into the throw
- To practice your technique at home you could practice throwing a shuttle
- Coaching video available here:

[https://www.youtube.com/watch?v=klN2iBYr\\_GI](https://www.youtube.com/watch?v=klN2iBYr_GI)

## Discus

- Sideways stance
- Weight in the back leg
- Discus held with very ends of finger tips
- Non discus hand outstretched at 45 degree angle
- Swing discus (palm towards the ground) up to reach non discus hand several times
- As discus reaches 45 degree angle straight back leg
- After 3-4 wind up swings release the discus forwards off your index finger
- To practice your technique at home use a quoit, or flat soft object i.e. paper plate)
- Coaching video available here:

<https://www.youtube.com/watch?v=y9cb6pTFidY>

## Shot

- Sideways stance
- Weight on back leg- toe, knee and chin all in alignment
- Shot held in fingers, not touching palm, and pushed into neck with elbow raised
- Transfer weight from back leg to front, twisting torso
- Push shot up and out at a 45 degree angle.
- To practice technique at home, you could use a tennis or sponge ball.
- Coaching video available here:

<https://www.youtube.com/watch?v=tHVMufMECPo>

## Long Jump

- Measure run up- start with dominant foot on the board, run 7, 9 or 11 steps at a sprint
- Take off- plant foot on (but not over the board), eyes up, hips up and focus on driving up into the air
- Flight- stretch both legs forwards, and reach towards your feet with hands
- Landing- aim to land feet together, and body forwards or sideways (not backwards)
- To practice at home: practice a standing Long Jump from two feet, to two feet
- Coaching video available here:

[https://www.youtube.com/watch?v=5v9p5jBN\\_Hg](https://www.youtube.com/watch?v=5v9p5jBN_Hg)

## High Jump

- Run up- a curved run up which brings you sideways to the mat. This should be a sprint
- Take off- drive knee closest to the mat up high
- Lift hips, lean back, and flick heels into the air as you go over the bar
- Landing- land on you back, lifting feet into the air to avoid hitting the bar
- To practice at home- practice the vertical jump
- Coaching video here:

<https://www.youtube.com/watch?v=XEWgzynR7w>

## Sprints

- For starts see coaching video here:  
<https://www.youtube.com/watch?v=YwbPv91e6AY>
- When sprinting drive knees high
- Keep eyes close to the body and move them hip to lip
- Look forwards with chest up and shoulders relaxed.
- When finishing dip chest forwards slightly as you cross the line
- To practice at home: time yourself running shuttle runs. The minimum length sprint we do is 100m.

## Distance running

- Remember to breathe in through your nose and out through your mouth.
- Run in a relaxed fashion, with shoulders relaxed, taking nice long strides to cover more ground
- Build up distances to try and run continuously.
- Check out the Couch to 5k app to practice this at home
- For distance running technique see this video:

<https://www.youtube.com/watch?v=kVnyY17VS9Y>