

# KS2 YEAR 3, 4, 5 & 6

# Physical Education FUNDAMENTAL SKILLS



## WHAT SHOULD I ALREADY KNOW?

I know how to...

- Throw, catch and bounce a ball with a partner.
- Vary types of throw used.
- Throw different types of equipment in different ways for accuracy and distance.
- Run at different paces, describing the different paces.
- Use a variety of different stride lengths.
- Vary the speed and direction in which they are travelling.
- Select the most suitable pace and speed for distance.
- Complete an obstacle course.
- Run with basic techniques following a curved line.
- Maintain and control a run over different distances.

## STICKY KNOWLEDGE

- A hurdle race is a type of track and field event and an Olympic event.
- The heptathlon event consists of the 100m hurdles, high jump, shot put, 200m sprint, long jump, javelin throw, and 800m run.
- Rounders is a sport that has been played in England since Tudor times.

## AMAZING ATHLETES

**KATARINA JOHNSON-  
THOMPSON**



Katarina Mary Johnson-Thompson is an English heptathlete. She won the gold medal at the 2019 World Championships and broke the British record with a score of 6,981 points, which ranks her at No. 6 on the all-time heptathlon lists.

<https://www.britishathletics.org.uk/athletes/katarina-johnson-thompson/>

## VOCABULARY

Flight	One of the three phases in the long jump, triple jump and vertical jump where the athlete is in the air.
Downsweep	A baton exchange technique, where the receiving hand is extended behind at hip height with the palm facing up for the incoming athlete to pass the baton into in a downward movement.
Pacing	Running at the right pace means you can keep going at that speed for the desired amount of time.
Backstop	The fielding player positioned behind the batter is called the backstop.
Stride Pattern	In order to always lead with the same leg when hurdling, it is helpful to take the same number of strides between each hurdle.

## WEAVING CONCEPTS

