



**Montgomery**  
Academy

Head – facing forward  
and not the ground  
(tunnel vision) ☐

Arms – opposite  
arm to leg and  
drive to 90° ☐

Hands – pocket to  
socket ☐

Knee – drives  
high to waist ☐

Maintain  
rhythm  
and stay  
relaxed

Heel – flicks back and extends ☐

Long  
Jump

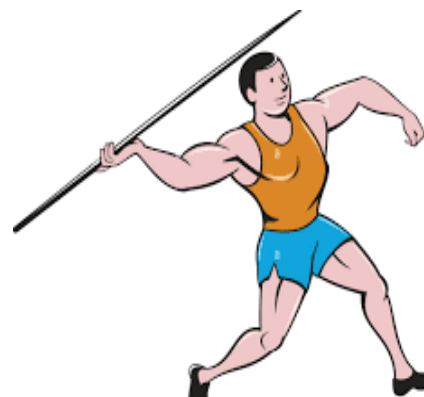


# Physical Education - Athletics Knowledge Organiser



Event	Rules within the event
Jumping	1-1, 1-1, 1-2, 2-2, 2-1 Different ways you can jump and land
Throwing	Shot, Discus, Javelin, Hammer
Sprinting	On your marks, Get set, Go!
Pacing	Steady speed, not flat out, save energy, tactical race!

Javelin



Shot



Discus



Measuring  
rules

Throw +  
Jump  
from  
behind  
the line

Measure  
landing  
position  
at the  
back

## KEY VOCABULARY

Warm Up, Stretches, Triceps, Deltoid, Hamstring, Quadriceps, Sprint, Speed, False start, Pacing, Personal best, Measuring, Bronze, silver and gold medals, Chin knee toe, Clean palm, dirty neck, Grip, Throw and collect, On your marks, set, go! Relay changeover, Approach, Take off, Landing.