



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.