

SWIMMING YEAR 3

STICKY KNOWLEDGE

- I know that swimming is good for your health and works the whole body
- I know that water safety and lifesaving are important life skills due to the dangers of water
- I know the name and the technique of the different swimming strokes – front crawl, breast stroke and backstroke
- I know that Rebecca Adlington is from Mansfield and won 2 gold and 2 bronze medals at the Olympics.
- I know that Trisha Zorn is the most successful Paralympic swimmer having won 55 medals and broken 8 world records.

**Trisha Zorn is an American
paralympic swimmer,
who has won 55 medals**



VOCABULARY

Co-ordination – when your whole body moves together to perform a correct action

Safety Rules – rules put in place for your own safety

Breast stroke – when your arms are pushed forward and then swept back in a circular movement

Backstroke – performed on the back with the arms moving backwards out of the water in a circular movement

Front crawl – performed on your front with your arms coming forward out of the water one at a time

Floats – a piece of equipment designed to keep you afloat

**Rebecca Adlington (OBE) is a
former Olympian having won
2 gold medals in 2008.**





YEAR 3

Athletics

STICKY KNOWLEDGE

- * I know that sprinting is faster than just running..
- * I know that a relay is performed in teams and involves passing a baton.
- * I know that a standing long jump jumps from 2 feet to 2 feet.
- * I know that track events are running and fielding events are jumping and throwing.
- * I know that during exercise our heartrate, temperature and breathing increase.
- * I know that Usain Bolt is a Jamaican retired athlete who won gold in the 100m and 200m in 3 straight Olympics.
- * I know that David Weir is a Paralympian who has also won 8 London Marathons



Usain Bolt is considered one of the greatest sprinters of all time..

VOCABULARY

Sprint - a fast running race over a short distance

Relay – a team of people racing over a specific distance

Baton – the equipment that is exchanged between a team during a relay race

Compete - to try and outdo another to win a race or event

Standing Long Jump- a jump that is from 2 feet to 2 feet without a run up

Long Distance – a slower running event over a long distance



David Weir is a wheelchair athlete who has won 6 Paralympian gold medals.



YEAR 4

Athletics

STICKY KNOWLEDGE

- * I know that you need to pace yourself when running over different distances.
- * I know that when throwing a javelin you need an overarm technique and to be aware of safety.
- * I know that a standing long jump requires a 2 to 2 footed jump and that a longer jump requires a run up.
- * I know that to reduce times or increase distance, improvements can be made.
- * I know that Jesse Owens won 4 gold medals at the 1936 Olympics.
- * I know that Libby Clegg is a Paralympian who ran 100m and 200m.

VOCABULARY

Sprint - a fast running race over a short distance

Relay – a team of people racing over a specific distance

Baton – the equipment that is exchanged between a team during a relay race

Compete - to try and outdo another to win a race or event

Standing Long Jump- a jump that is from 2 feet to 2 feet without a run up

Triple Jump – a jump that involves a hop, step and jump in succession.



Jesse Owens was an American athlete who won 4 gold medals at the 1936 Olympics..



Libby Clegg is a Scottish Paralympian (partially blind) who has won medals in the 100m and 200m

YEAR 4

STICKY KNOWLEDge

- * I know that rounders is a striking and fielding game
- * I know that rules need to be followed for a game to be fair and that tactics can cause problems for the opposition.
- * I know to have 'W' hands when catching a ball
 - * I know that an effective team needs to communicate and show sportsmanship.
- * I know that performances can be improved by listening to the advice of others.
- * I know that different activities affect different parts of the body.

Rounders



VOCABULARY

Underarm – a throw that involves the arm pushing down and back.

Overarm - a throw that involves the arm pushing out and over

Fielder - a person who stands in the field to retrieve the ball

Bowler - a person who delivers the ball to the batter

Opposition – the team that you are playing against

Communicate – to talk to members of your team sharing advice and tactics

YEAR 5

STICKY KNOWLEDgE

- * I know that rounders is a striking and fielding game
- * I know the technique for batting in rounders is to grip the bat firmly away from the body standing sideways with the bat level with the rear shoulder.
- * I know that the backstop collects the ball if the batter misses and can throw to first post to get the batter out.
- * I know how to identify the parts of a performance that need improving.
- * I know that exercise is not only good for your heart but is also good for your mental well-being.
- * I know the importance of warming up so that the body does not get injured as there is an increased blood supply to the muscles.

Rounders



VOCABULARY

Technique – the ability to perform a skill successfully.

Backstop – a person who stands behind the batter to retrieve the ball or pass to first post.

Grip - the way that you hold the bat, as if you are shaking hands.

Strike - a hit of the ball which is perfectly timed and performed.

Rounder – a complete run around the 4 posts to score a point.

Stamina – to keep going even when tired or the game is going against you.

Athletics

YEAR 5

STICKY KNOWLEDGE

- I know the correct technique when running over a long distance (tall posture, use your glutes, don't bounce, control breathing, pace self).
- * I know the correct technique when running at speed (arms at 90 degrees, lean slightly forward, feet propel you forward, shin perpendicular when foot hits the ground).
- * I know when throwing a javelin, I turn sideways with feet apart, hand level with head. I step towards the target with the opposite foot and aim towards the target with accuracy and power.
- * I know the triple jump is made up of a hop, a step and a jump.
- * I know that improvements can be made by refining and modifying your performance.
- * I know that Carl Lewis is an American who won 9 gold medals in the 80s and 90s.
- * I know that Jessica Ennis-Hill has taken part in the heptathlon which is 7 track and field events and the pentathlon which is 5.

VOCABULARY

Refine— to make changes in order to improve

Personal Target – a personal focus on a specific area for improvement

Self Analysis— to examine carefully your own performance

Heart-Rate –the number of times your heart beats per minute

Stride – short bursts of fast running

Joint Mobility – the smooth movement at your joints eg knees, elbows, shoulder



Carl Lewis is an American who won 9 gold medals in the 80s and 90s



Jessica Ennis- Hil is a heptathlete who won gold at the 2012 Olympics.

Athletics

YEAR 6

STICKY KNOWLEDGE

- * I know that stamina is the ability to sustain prolonged physical activity.
- * I know the correct technique when running over a long distance (tall posture, use your glutes, don't bounce, control breathing, pace self).
- * I know the correct technique when running at speed (arms at 90 degrees, lean slightly forward, feet propel you forward, shin perpendicular when foot hits the ground).
- * I know for an effective triple jump I need acceleration, control on the take off for the hop and jump and a safe landing on 2 feet with flexible legs.
- * I know how to confidently use my knowledge to evaluate the performances of others and make suggestions on how to improve.
- * I know that energy is created through the process of respiration and that muscles relax and contract during movement.
- * I know that Mo Farah has won Olympic gold medals in the 5000m and 10 000m.
- * I know that Tanni Grey-Thompson has been called the greatest ever Paralympian athlete winning 16 medals.

VOCABULARY

Modiy Performance – to make changes in order to improve
Breathing Rate – is measured in breaths per minute
Take-off – The foot or feet from which you start a jump
Acceleration – the quickening of speed over a distance
Challenges – to 'up your game' in a competitive situation
Judge Events – to have the knowledge of the required technique to make judgements about an event



Mo Farah is a 5000 and 10,000m long distance Olympic champion.



Tanni Grey-Thompson is one of the greatest Paralympians of all time.

YEAR 6

STICKY KNOWLEDgE

- *I know that rounders is a striking and fielding game.
- * I know when fielding the ball on the ground I stay low, crouch down on one knee using this as a barrier and put your wrists together and spread fingers.
- *I know when fielding a high ball, I keep my eye on the ball, position myself underneath and put wrists together and spread fingers.
- * I know that when evaluating performance, you need to give constructive advice.
- *I know the link between injuries and warming up, which may vary for different activities.
- * I know that exercise is good for fitness, health and well being.

Rounders



VOCABULARY

Fluency of Movement – when movements flow effortlessly

Backstop – a person who stands behind the batter to retrieve the ball or pass to first post.

Tactics - a particular manoeuvre to gain an advantage

Strategy - a plan of action to beat the opposition

Communication – talking within a team to improve or make changes