



Knowledge Organiser KS3 PE

Year
KS4
Activity
Athletics
Throwing

- Skills**
- The basic action is learnt in KS3.
 - To develop the action of the throwing the following can be practised.
 - There is more emphasis on a rotational twist in shot and discus.
 - Both actions should start lower with more power being generated from the legs
 - In Discus you are allowed to rotate to build momentum (only in a cage)
 - In shot you have a shuffle movement from the rear to front of the circle
 - In Javelin you can sidestep or cross over.
 - All movements are designed to increase distance but only practised after the basic throw technique has been practised sufficiently.

Fitness

In order to participate successfully participants should have power in their throwing arm. Strength/power in their legs. They should also have speed in their throwing (arm) action. Participants should also have a good level of coordination and balance when moving.

Rules

Exit the circle (throwing area) from the rear.
In Javelin the tip should make a mark, even if the javelin doesn't stick in.
Make sure foot doesn't go over the front line when throwing.
Measure from the nearest point of contact with the ground.
The measurement is taken from the white throwing line.
The implement must land in the designated marked area

Advanced Actions

