



# Knowledge Organiser KS3 PE

**Year**

**KS3/4**

**Activity**

**Relay**

## Skills

1. The basic skills needed to be competent are
2. The baton grip: Grip the bottom third of the baton so the outgoing runners has space to grip it.
3. Sprint technique is the same as sprinting
4. The approach – The baton should be exchanged into opposite hands (right to left, left to right)
5. Baton Exchange: the baton can be exchanged in a down sweep or up sweep motion. The outgoing runner should be moving when the baton is exchanged.
6. Finish line: The winner is the team who gets their baton to the finish line first.

## Fitness

To complete effectively in these events, you will need speed and quick reactions so you can react to the gun or whistle.

Power in your legs is important in short distances so you can push off the start line. Good flexibility is also important in your legs when in full stride

You also need good levels of coordination to be able to pass the baton whilst running at speed.

## Rules

1. All runners must stay in their lane
2. The baton has to be passed between all runners
3. The baton can't leave the lane
4. The baton can be dropped but must not leave the lane
5. All change overs must be done within the designated box

## Change over Technique

