



Knowledge Organiser KS3 PE

Year

KS3/4

Activity

Sprinting

Skills

In sprinting there are 5 different sections: the drive drive, acceleration, top speed, speed maintenance and finish.

Drive: Keep body low and leaning forward, pushing the track backwards.

Acceleration: Raise up slightly, keep forward, elbows at 90 degrees driving the arms

Top speed: Stand tall, arms hip and lip, hip flexed, knee high

Maintenance: Full stride, on toes, shoulders and head relaxed

Finish: Lean forward, keep full stride

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

In the longer distances speed endurance is also necessary to keep the level energy levels

Rules

Stand back from the start line until the starter calling you forward

Make sure you have your toes behind the start line.

Stay still when the starters calls the 'set' position.

You must stay in your lane at all times

Run through the line

A false start will result in the athlete being disqualified

Technique

SPRINTING

- Head up, looking forward.
- Knees come up high to lengthen stride.
- Pump arms whilst keeping elbows close to your body.
- Opposite arm and leg rise in pocket-like technique.
- Keep body back straight, upright and relaxed (no slouching).
- Run on the balls of your feet.

Starts and Finish

PE SCHOLAR
Sprint Start Technique

On Your Marks **Get Set** **Go!**

- Rear knee in line with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands
- Raise hips higher than shoulders
- Lift legs at the knees
- Body weight on hands and feet equally
- Drive knee forwards
- Extend front leg out
- Lean forwards
- Don't go upright too early