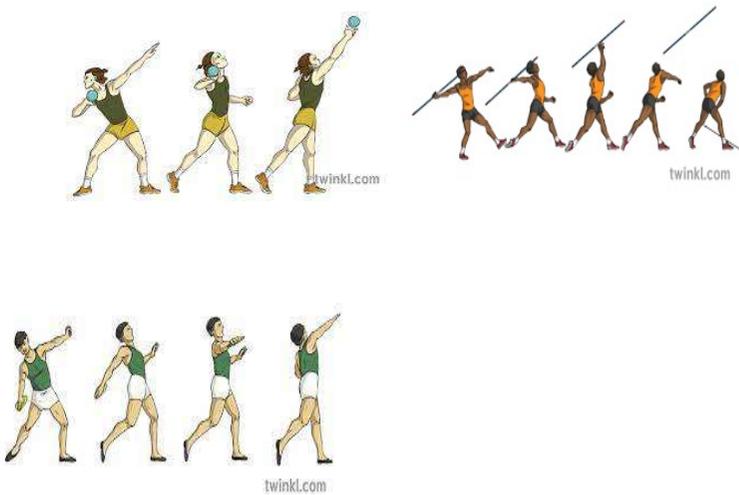
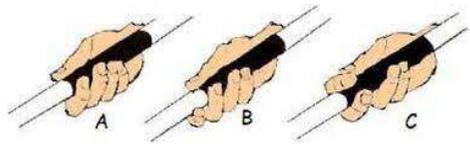




Knowledge Organiser KS3 PE

	Skills	Fitness	Rules
Year	<ul style="list-style-type: none"> Depending on the activity will depend on the grip Stand with your non-throwing shoulder towards target. Transfer weight from back to lead front foot. Rotate hips and spine. Stretch arm far back to make an uppercase "L" Step with foot opposite of throwing arm. Throwing arm moves forward fast Release at about 45 degrees Let the ball go in the direction of target. 	<p>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.</p>	<p>Exit the circle 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 throw has to land in the designated area</p>
KS3			
Activity			
Athletics			
Throwing	Basic Action	GRIP	
	 <p>The 'Basic Action' section contains two sets of illustrations. The top set shows a female athlete in a green top and yellow shorts performing a ball throw in three sequential steps, and a male athlete in an orange top and black shorts performing a javelin throw in five sequential steps. The bottom set shows a male athlete in a green top and white shorts performing a ball throw in four sequential steps. All illustrations are credited to twinkl.com.</p>	  <p>The 'GRIP' section includes a photograph of a hand holding a yellow ball and an illustration of a hand holding a red discus. The discus illustration is credited to Wild Row.</p>	 <p>The 'GRIP' section also features three diagrams labeled A, B, and C, illustrating different hand grips for throwing. Diagram A shows a grip with the thumb on top, B shows a grip with the thumb on the side, and C shows a grip with the thumb pointing down.</p>