

# Year 1 - Sports Day Events

## Knowledge Organiser

**COMPETING**  
**EDSTART**

### EDSTART KNOW

- I can name different Sports Day events such as running, jumping, and throwing.
- I can say how to run and throw safely using the right technique.
- I can talk about trying my best and taking part in every event fairly.

### EDSTART GO

- I can run using a smooth and efficient technique.
- I can throw a small piece of equipment carefully for distance.
- I can show control when taking part in different races and challenges.

### EDSTART SHOW

- I can show good effort and enjoyment when taking part in Sports Day events.
- I can cheer for others and take turns fairly.
- I can explain how I used good technique to run or throw well.

### Key Vocabulary

**run, throw, jump,  
distance, technique,  
control, effort, fair  
play**

### What do we know about Sports Day Events?

- Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking
- The current men's world record is 9.58 seconds, set by Jamaica's Usain Bolt in 2009, while the women's world record of 10.49 seconds set by American Florence Griffith-Joyner in 1988 remains unbroken

