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|  | Knowledge Organiser |
|  | Year 2 – PE |
| Movement & Agility | * Continue to develop fundamental movement skills – walking, running, jumping, hopping, leaping & skipping * Continue to travel with greater confidence * Negotiate space safely and creatively * Continue to develop fine and gross motor skills * Continue to improve their agility, balance, coordination, speed and fitness |
| Ball Skills and related ball games | * Continue to improve their skills in throwing an object (eg beanbag, ball) underarm and overarm into a space and to a partner * Continue to improve their skills when bouncing a ball to themselves and making a bounce pass to a partner * Continue to improve their skills when dribbling & kicking a ball with their feet * Become more accurate when stopping a ball with their feet * Continue to experience hitting a ball with a variety of bats * Continue to play small sided games, learning to follow simple rules * Continue to improve their skills of moving into a space in a game situation * Continue to develop their understanding of the importance of decision making when playing games |
| Gymnastics | * Continue to improve their performance of the 9 foundations shapes – tuck, pike, straddle, star, straight, front straddle, dish, arch & puck * Continue to improve their performance of the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet * Continue to improve their performance of traveling in a variety of ways – crocodile, camel, crab, scorpion, fox, bunny hops, frog hops * Continue to improve their performance of basic rolls with greater confidence and control – log roll, egg roll, forward roll, backward * Continue to develop agility, flexibility, control, strength & balance * Can perform a balance using hands, feet or seat and hold still for 3 seconds * Can create different a variety of shapes when balancing eg thin, wide, twisted, curled * Can copy and continues to learn how to stretch and warm up the body before exercising * Continue to improve their performance of combining short movements to make simple sequences. eg balance-travel-balance |
| Dance | * Continue to improve their performance of basic dance actions eg travel & change direction, turn, jump, gesture, balance/stillness, change of size & shape * Continue to improve their understanding and performance of how to copy a short motif (ie a phrase, movement or gesture that is repeated) * Become more confident at linking 2 or more action together * Continue to improve their response to music and understanding of different rhythms/beats |
| Athletics | * Continue to improve their performance of throwing objects underarm & overarm in a straight line * Continue to develop jumping skills – side to side, both feet together, one foot to the other foot * Continue to develop running skills and begin to demonstrate different running speeds * Be able to sprint for 60m * Be able to run for 100m |
| All Activities | * Learn to work independently and with others * Develop good levels of physical fitness * Develop a sense of fair play & cooperation * Follow simple rules and understand safety aspects of PE * Begin to understand the importance for good health of physical education and healthy diet * Begin to make decisions * Be aware of what they need to do to improve * Engage in both competitive activities (against self and others) and cooperative activities |
| Key words | Movement and Agility  Agility, Balance, Coordination, Speed  Walking, running, jumping, hopping, leaping, skipping & side stepping  Negotiate space  Balls skills  Underarm, overarm  Bounce pass, chest pass, shoulder pass, overhead pass  Dribble, kick  Attack, defend, intercept  Gymnastics  Tuck, pike, straddle, star, straight, front straddle, dish, arch, puck  Log roll, egg roll, forward roll, backward roll, circle roll, hand stand, head stand, cartwheel  Flexibility, control, strength  Thin, wide, twisted, curled  Dance  Travel, change direction, turn, jump, gesture, balance/stillness, change of size & shape  Rhythm, beats  Athletics  Underarm throw, overarm throw  Hop, skip, jump  Long jump, high jump  Jog, sprint, accelerate, pace, relay |