

Amblecote Primary School—Knowledge Organisers



Year: 2 **Subject:** P.E. **Focus:** Run Jump Throw **Term:** Summer Unit 1

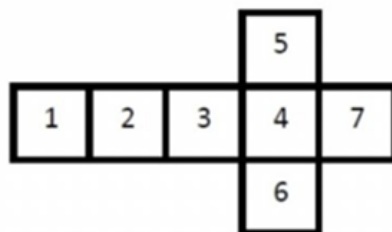


Prior learning

Increased stamina and core strength. Worked collaboratively on more complex tasks. Worked to improve strength, balance, agility and coordination.

Equipment

A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, low hurdles.



Vocabulary

Awareness of others.	Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.
Creating power.	
Quick feet.	
Choose appropriate throw.	
Static and dynamic balances.	

By the end of the unit

Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.

Head: Make choices about appropriate throws for different activities.

Hand: Show increased control of body and limbs.

Heart: Work cooperatively to complete running, jumping and throwing tasks.

Key questions

1. What is a static and dynamic balance?
2. What games might you need to have quick feet in?
3. How do different starts affect sprinting?

Rules

- Wait for command before you start.
- Being aware of others around you.



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Year: 2	Subject: P.E.	Focus: Run Jump Throw	Term: Summer Unit 2
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Prior learning

Thrown and handled a variety of objects. Developed power, agility, coordination and balance. Negotiated obstacles showing increased control.

Equipment

Skipping ropes, benches, hoops, small, soft balls, shuttlecocks, chairs, benches, low hurdles, bucket.



Vocabulary

Breathing technique.	Lunges, strength, power, repetition, power, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.
Develop strength.	
Create power.	
Working as part of a team.	
Discuss thoughts and feelings about activities.	

By the end of the unit

Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy active lifestyles. Jump for distance and height.

Head: Can identify areas of activities that need improvement.

Hand: Apply skills to a variety of activities.

Heart: Consider others when playing games.

Key questions

1. What does it mean to be part of a team?
2. How does it feel playing under pressure?
3. Why is it important to practice when we learn something new?

Rules

- Ensure correct technique is being used for activities.
- Count and recall correct repetitions of each activity during stations.

