

Knowledge Organiser PE: Athletics Y2:

Key Concepts:

Competence,
Being Active,
Being Healthy,
Competitive
Sports/Activities,
Outdoor and adventurous
activities,
Vocabulary.

Opportunities for teaching Diversity, Equality (Including protected characteristics) and expanding cultural capital:

Sports events within the Whitby
area. Organised through Sports
partnership with Caedmon College.

Visiting local sports venues,
football and cricket grounds.

Key Skills

Running

- To run short distances, building stamina to run longer distances.
- To develop technique using coordination of arms and legs when running.

Jumping

- Use one and two feet to take off and to land with.
- Develop an effective take-off for the standing long jump.
- Land safely and with control.

Throwing

- Throw different types of equipment in different ways, for accuracy and distance.
- Use throwing skills in a game.
- Throw a ball for distance.
- Use hand-eye coordination to control a ball.
- Vary types of throws used.

Compete/Perform:

- Perform learnt skills with increasing control

What you will have learnt at the end of our Athletics sessions:

To master basic movements including
running, jumping and throwing.

What you will have learnt by the end

of KS1: To master basic movements
including running, jumping, throwing and
catching. • To develop balance, agility
and co-ordination, and will be beginning
to apply these in a range of activities.

Recall and Remember:

What is it called to run a short distance?

What do you need to do when running?

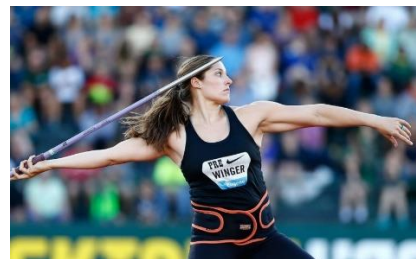
Can you explain what you do when you jump?

How can you improve your performance?

When throwing objects how would you stand?

What you have already learnt in previous year groups:

To learn basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities



Key Vocabulary Jumping

Quick	Drive
Strong	Balance
Control	Power
Speed	Take off
Fast	Flight
Hop, skip, jump	Long jump
Triple jump	Distance

Key Vocabulary Running

Focus	Determination
Fast	Coordination
Run	Balance
Sprint	Muscles
Jog	Movement
Speed	Distance
Pace	

Key Vocabulary Throwing

Focus	Determination
Run up	Grip
Throw	Balance
Strength	Accuracy
Speed	Power
Timing	Flight
Overarm	Underarm

My skills and Knowledge that I may use from other subjects:

Maths: Time. Distance. Recording Data.

Science: The Human Body.