



St Andrew's C of E Maghull

PE Knowledge Organiser



Year 2 – Autumn 2 – Run, Jump & Throw Unit 1

Key Knowledge

- I know that my hearts beats faster when I exercise
- I know that blood circulates around my body carrying oxygen for energy
- I know that I will sweat to cool down when I exercise
- I know that warming up and cooling down are important when exercising.
- I know using my arms will help me run faster and with control
- I know my arms help me to balance when hoping, jumping and skipping
- I know my arms will help with power when running and jumping high
- I know using high knees will help me run faster.
- I know running before a throw will create power in my body to make it go further.

Skills

- Make choices about appropriate throws for different types of activity
- Can identify areas of activities that need improvement e.g. power in throws to throw further
- Develop power, agility, coordination and balance over a variety of activities
- Can throw and handle a variety of objects including quoits, beanbags, balls, hoops
- Can negotiate obstacles showing increased control of body and limbs
- Use agility in running games
- Apply skills in a variety of activities
- Practice to improve skills
- Discuss thoughts and feelings around physical challenges and what it means to be a team player
- Work cooperatively to complete running, jumping and throwing tasks
- Consider others when playing games to respect their space and boundaries

Vocabulary

- Run – move faster than walk, having neither feet on the ground at the same time.
- Hop – move by jumping on one foot.
- Skip – moving along lightly, using one foot to the other to bounce.
- Step – one leg in front of the other.
- Forwards – in the direction that is travelling forwards.
- Backwards – in the direction that is travelling backwards.
- Sideways - moving from side to side.
- Distance – how father something travels.

Lesson Sequence

Lesson 1

I can move quickly whilst being around others.

Lesson 2

I can create power with my legs to turn at speed.

Lesson 3

I can move through an obstacle course with speed and control.

Lesson 4

I can choose the best throw for different situations.

Lesson 5

I can use quick feet whilst sprinting.

Lesson 6

I can perform static and dynamic balances

