



PE Knowledge Organiser



Year 2: Spring Term

Fitness

Key Knowledge and Skills:

Sprinting:



Arms bent at elbows.
Hands move from sides to mouth.
Knees high.
Run on balls of your feet.

Individual Skipping:

Hold the rope at waist height.
Jump continuously forwards and backwards over the rope using two feet.



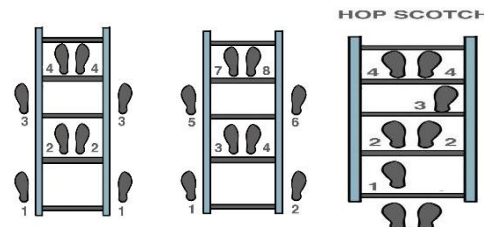
Long Rope Skipping:

Jumper- watch the rope and jump just before it comes to your feet.
Turner- turn at the same time as the other turner and make the rope move in an arch shape.



Agility Ladders:

Travel along the ladder using a combination of jumps.



Different exercises:



Key Vocabulary:

Vocabulary:	Definition:
Agility	To be able to move quickly and easily.
Balance	Hold a position and remain still without wobbling.
Coordination	Moving your muscles with control and accuracy.
Stamina	To stay active for a long period of time.
Continuous	A move that repeats constantly.
Star Jump	Jump feet out wide and stretch arms out wide and then together.
Tuck Jump	Two footed jump, bringing your knees to your chest.
Heel Flicks	Kick one foot up to touch your bottom, then the other.
Hops	Practise hopping on one foot, then the other.
High Knees	On the spot, lift your knees high.
Sit Ups	Lie on your back, keep both feet on the floor, sit up and then lower down.
Lunges	Both feet facing forwards. Step one foot out in front, bend your back knee so that it almost touches the floor, then stand up.
Out and In	Start in a crouched position, jump feet out backwards, then back in.
Touch Toes, Jump Up	Bend to touch your toes, then jump up as high as possible.