



PE Knowledge Organiser

Year 2: Summer Term

Athletics



Key Knowledge and Skills:

The Sprinting Action:

- Balance when running by using the alternate arm and leg.
- Run on the balls of your feet.
- Take big strides when running fast.



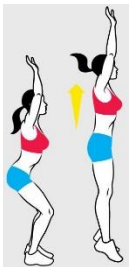
Jumping for distance:

- Bend your knees to help you push off.
- Look forward.
- Soft bent knees on landing.
- Swing your arms up at take-off.



Jumping for height:

- Drive your arms upwards to help you jump higher.
- Jump from a balanced starting position.
- Look forward.



Vertical Jump



Jumping over equipment

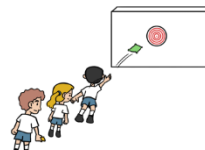
Throwing for distance:

- Place your opposite leg to throwing arm forward.
- Stand sideways to the direction of the throw.
- Throw from a balanced starting position.

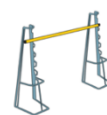


Throwing for accuracy:

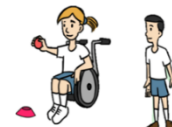
- Keep your eyes looking at the target.
- Point your hand to the target after the throw.
- Throw from a balanced starting position.



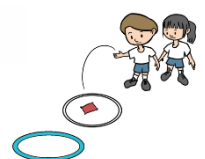
Throw at a target



Throw under a bar



Throw a ball to hit cricket wickets.



Throw into a hoop at different distances.



Throw at cones



Key Vocabulary:

Vocabulary:	Definition:
Agility	To be able to move quickly and easily.
Balance	To keep a controlled body position during a task.
Coordination	Moving your muscles with control and accuracy.
Direction	The way that you are travelling e.g. backwards, diagonally.
Pace	To keep the same speed of movement when walking or running.
Speed	How quickly or slowly you move.
Stamina	To stay active for a long period of time.

Athletics Carousel:



Sprints



Jump the stream



Target Cone



Hurdle run relay



Overarm throw