



Physical Education

Knowledge Organiser

Year 2 athletics		
National Curriculum links: to master basic movements including running, jumping, throwing and catching		
Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - responsibility - respect <u>Vocabulary</u> - travelling - competitions - speed - distance - accuracy	Previous learning	<u>Aim and success criteria of athletics for year 2</u>
	In year 1, children will perform fundamental movement skills at a developing level. Focus is on running, jumping and throwing. - running - hopping - rolling a ball - underhand/overarm throw - jumping	- Children explore the FMS of running, jumping and throwing activities, and take part in simple challenges and competitions. - They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. - In all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.
	Year 2 learning	<u>Breakdown of skills</u>
Key knowledge	In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements. - running - underarm/overarm throw - push throw - jumping for distance	Running - Definite flight phase - Stride length at max - Complete extension of support leg - Arms bent at 90 degrees and swing back and forwards in opposition to legs - Non-support knee bends 90 degrees
	Future learning	Jumping - Arms swing back behind body in preparation - Crouch is deeper and more consistent - Arms swing forward with force during take-off and reach high - Full extension of legs and feet at take off - Body leans forward at landing Throwing (overarm) - Arm is swung backward in preparation - Opposite arm is raised for balance/direction
Children need to be made aware of the skills required in athletic activities. Focus is on running, jumping and throwing so they must experiment with	In years 3 and 4, pupils will master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. ➤ Throwing - push, pull and sling ➤ Hop, step and jump ➤ Combination of jumping actions	

Physical Education

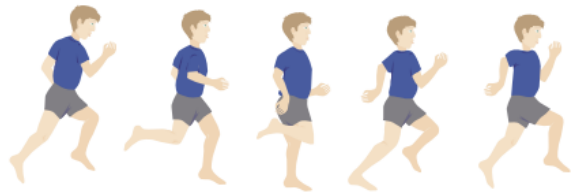
Knowledge Organiser

different ways of moving,
types of throw and jumps.

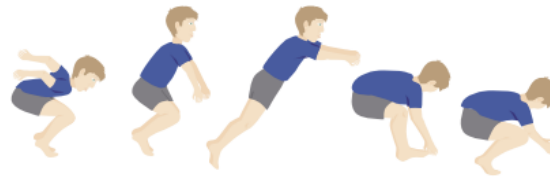
- Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.
- Definite turning of the body through legs, hips and shoulders.

Supporting resources

Running



Jumping



Overarm throw

