

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	
<p><u>Values</u></p> <ul style="list-style-type: none"> · responsibility · respect <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · travelling · competitions · speed · distance · accuracy 	Previous Learning	<p><u>Aim and success criteria of athletics for year 2</u></p> <ul style="list-style-type: none"> · 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. <p><u>Breakdown of skills</u></p> <p>Running</p> <ul style="list-style-type: none"> · 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 <p>Jumping</p> <ul style="list-style-type: none"> · 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 <p>Throwing (overarm)</p> <ul style="list-style-type: none"> · Arm is swung backward in preparation · Opposite arm is raised for balance/direction 	
	Year 2 Learning		<p>In year 1, children will perform fundamental movement skills at a developing level. Focus is on running, jumping and throwing.</p> <ul style="list-style-type: none"> · running · hopping · rolling a ball · underhand/overarm throw · jumping
	<p>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements.</p> <ul style="list-style-type: none"> · running · underarm/overarm throw · push throw · jumping for distance 		
Key knowledge	Future Learning		
<p>Children need to be made aware of the skills required in athletic activities.</p> <p>Focus is on running, jumping and throwing so they must experiment with</p>	<p>In years 3 and 4, pupils will master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy.</p> <ul style="list-style-type: none"> ➤ Throwing – push, pull and sling ➤ Hop, step and jump ➤ Combination of jumping actions 		

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*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

