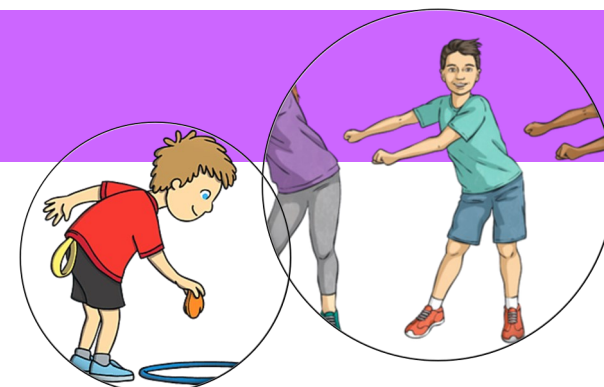




# Year 2 - Autumn 1 - PE Knowledge Organiser



## What I will learn...

### Fundamentals

- To develop balance, stability and landing safely.
- To explore how the body moves differently when running at different speeds.
- To develop changing direction and dodging.
- Explore jumping, hopping and skipping actions.
- Develop co-ordination and combining jumps.
- I will try a combination of jumping and skipping on an individual rope.

### Dance

- Create actions and accurately copy other's actions.
- Copy, remember and repeat actions using facial expressions to show different characters.
- Perform in unison creating shapes with a partner.
- Mirror a partner and create ideas.
- How to perform in front of others.

## Making a difference at home

Ensure you are being physically active at home, if the weather is bad you could always be active inside! "Jump Start Jonny" has some fantastic dance videos for you to enjoy.

## What I already know...

Children know the basic fundamentals, during year 2 we aim for the children to become increasingly stable in their movements. During dance the children learnt some basic dance routines and performed these to their friends.

## Key Vocabulary

Balance	The ability to stay upright or stay in control of body movement.
Travel	Using your feet and body to move across a space.
Perform	To move the feet and body rhythmically
Expression	In relation to dance, it should convey a story or an emotion; it should make the audience feel something.
Jump	Take off and land on two feet.
Dynamics	The energy, or effort, or force, or weight applied to movement over time.
Co-ordination	The ability to move two or more body parts at the same time.

## Making a difference at The Merton

### Fundamentals

Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas.

### Dance

Pupils will explore space and how their body can move to express an idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology.