



# Year 2 - Summer 2 - PE Knowledge Organiser

## What I will learn...

### Athletics

- How to collaborate with others
- To have determination to follow through with their own techniques and ideas
- Observing and providing feedback
- To learn how to run at different speeds
- To apply their knowledge of throwing to different techniques
- To understand how to move their body so they can jump at different heights

### Fitness

- Identifying strengths and areas for improvement
- Observing and providing feedback
- To notice how your body reacts when exercising, before, during and after
- What parts of their body are working
- To recognise their breathing when exercising

## What I already know...

Children know what happens to their body when they exercise. They understand that their heart rate beats quicker, meaning increasing the amount of blood that goes out to the rest of the body.

## Key Vocabulary

Balance	The ability to stay upright or stay in control of body movement.
Stamina	The ability to move for sustained periods of time.
Agility	The ability to change direction quickly and easily.
Pace	The speed at which a performer runs.
Jump	Take off and land on two feet.
Hop	Take off on one foot and land on the same foot.
Co-ordination	The ability to move two or more body parts at the same time.



## Making a difference at The Merton and beyond

**Athletics:** In this unit, pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.

**Fitness:** Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.

## How to be an athlete...

- To apply their knowledge of throwing to different techniques
- To notice how your body reacts when exercising, before, during and after
- To apply co-ordination to a range of athletic events
- To show team spirit and respect for other competitors