

Year 2 PE Term 5 Knowledge Organiser- Athletics

Prior Learning: Children will have learnt to run at different speeds and jump from a standing position. They will be able to perform a variety of throws with basic control

Key moves

Push throw



Opposition position



Push Bounce



Hop



Side Gallop



Bounce



Key Vocabulary

Warm Up

Increases temperature and increasing heart rate and breathing rate to prepare you for exercise.

Cool Down

Decreases the heart rate and breathing rate and relaxes the muscles.

Twist

. Twist at the waist keeping your feet forward to pass to the side

Dodge

Moving one way or the other quickly.

Long jump

Jump from one foot to two feet

Leap

Jump from one foot to the other moving forwards

Balance

Distributing your weight to stay steady

Sprint

Running as fast as you can