

Knowledge Organiser Fundamentals Year 2

Ladder Knowledge



- Running:** Putting weight into the front of your feet helps you to stop in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.
- Balancing:** Squeezing your muscles helps you to balance.
- Jumping:** Swinging your arms forwards will help you to jump further.
- Hopping:** If you look straight ahead it will stop you from falling over when you land.
- Skipping:** Swing opposite arm to leg to help you to balance when skipping without a rope.

About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.

run
look forward
elbows bent
knees bent

skip
arch shape rope
hold at waist height
soft, bent knees
jump when the rope goes past your face

hop
look forward

jump
knees bent
swing arms
take off and land on two feet

balance
look at something still
squeeze your muscles

Movement Skills

- run
- speed
- agility
- dodge
- balance
- jump
- hop
- skip

This unit will also help you to develop other important skills.

- Social** collaboration, respect, take turns, communication, encourage others
- Emotional** determination, honesty, perseverance
- Thinking** comprehension, make decisions, creativity, use tactics, recall

Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

Healthy Participation



Behave and move in a safe way.

Key Vocabulary



- | | | |
|---------|-------|----------|
| balance | | |
| dodge | land | sprint |
| hop | run | swing |
| hurdle | skip | take off |
| jump | speed | weight |

If you enjoy this unit why not see if there is an athletics club in your local area.

✓ This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Footwork Frenzy

What you need: 6 socks

How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscotch. 1 foot, two feet, 1 foot, 2 feet etc
 5. Rotate to turn sideways on each jump in the gaps.

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