

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.

Balancina: Jumping:

Squeezing

uour

muscles

balance.

Swinging your arms forwards will help you to helps you to jump further.

If you look straight ahead it will stop you from falling over when you land.

Hopping:

Swing opposite arm to leg to help you to balance when skipping without a rope.

Skipping:

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

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

collaboration, respect, take turns, communication, encourage others

determination, honesty, perseverance

comprehension, make decisions, creativity, use tactics, recall

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.





Behave and move in a safe way.





What you need: 6 socks

· Place the socks in a straight line with a gap just bigger than the size of your foot in between each

Footwork Frenzy

- · 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.





Find more games that develop these skills in the Home Learning

Active Families tab on www.getset4education.co.uk



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balance

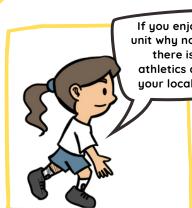
dodge land sprint

take off and land

hop run swing

hurdle skip take off

speed jump weight



look at

squeeze uour

balance

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

help you to:

This unit will

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

Head to our youtube channel to watch the skills videos for this unit.