

Year 2  
Autumn 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Fundamentals



Star Words	Definition
Dodge	To move quickly to the side to avoid something or someone.
Jog	To run slowly at an even pace.
Hurdle	To jump over an object or obstacle.
Speed	How fast I can move.
Steady	Keeping your body balanced and moving smoothly without wobbling or rushing.
Sprint	Running as fast as I can for a short time.

### Sticky Knowledge

Children will refine their running, jumping, hopping, skipping and balancing. They will practise moving with more control, using changes of speed and direction, and combining movements smoothly when working in space with others.



I know to run on the balls of my feet to go faster.



I know that bending my knees and swinging my arms helps me jump further.



I know to hop on one foot and stay balanced before swapping.



I know that skipping is a rhythm of hop and step, using opposite arm to leg.

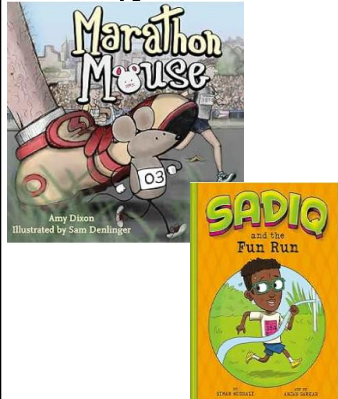


I know to squeeze my muscles and look forward to balance.



I know that finding and moving into space helps me play safely with others

### Helpful Books



### Home Learning Ideas

**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. Hopscootch, 1 foot, two feet, 1 foot, 2 feet etc.
5. Rotate to turn sideways on each jump in the gaps.

### Helpful Websites

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

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