




Year 2
Summer 1

Manor Leas Infant School Knowledge Organiser
Physical Education
Athletics

Star Words	Definition
Sprint	Running as fast as you can.
Distance	How far you move or throw.
Height	How high you jump.
Accuracy	Hitting a target.
Power	Using strength to move further.

Sticky Knowledge

Athletics includes running, jumping and throwing. In this unit, pupils develop their running, jumping and throwing skills with greater control and technique. They will learn to jump for distance and height, throw with accuracy and power, and apply their skills in challenges. Pupils will work safely, follow rules and aim to improve their personal best.



I can run fast using good sprinting technique.
Run on the balls of your feet.
Use your arms to help you run faster.




I can jump further using a run-up.
Swing your arms forwards.
Take off on one foot and land on two.




I can jump higher with control.
Bend your knees before you jump.
Reach up high with your arms.



I can throw an object for distance.
Step forward with your opposite foot.
Throw with power using your arm.

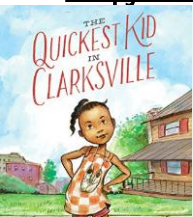
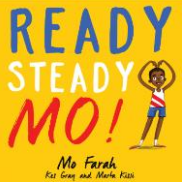


I can throw an object with accuracy.
Aim carefully at your target.
Release the object at the right time.



I can apply my skills to different challenges.
Choose the best skill for the task.
Try to improve your personal best.

Helpful Books

Home Learning Ideas

Mousetrap

What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.


How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

www.getset4education.co.uk

Helpful Websites

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

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