



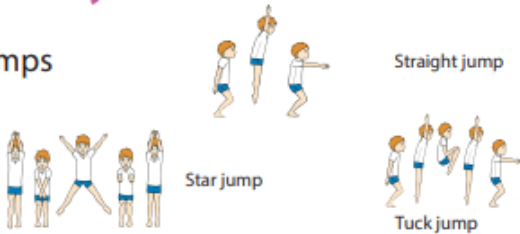
KNOWLEDGE ORGANISER: PE Year 2 Block 3

Prior Learning: In Year One, children were beginning to perform basic shapes. They also performed basic jumps such as a straight and star jump. They have begun to learn how to roll - tuck roll, log roll star forward roll. They have also begun to learn the concept of a basic sequence (on their own) which includes a roll, a jump and a balance.

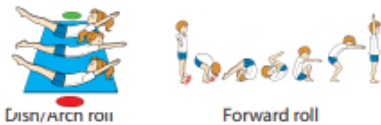
Key Skills

Physical Me

- Jumps



- Rolls



- Bunny hops
- Balances
- Sequences

- Strength
- Flexibility
- Balance
- Co-ordination
- Agility
- Climbing

Social Me

- Co-operate with others
- Be a Mini Coach
- Teamwork

Value Me

- Perseverance never give up!

Thinking Me

- To link my skills in a sequence.
- Understanding feedback

Inspirational Athlete

Max Whitlock- Olympic Gold medalist in pommel horse



Key Learning

- Shapes** - Have a tight body. Squeeze every muscle, extend fingers and toes.
- Jumps** - Have good body tension, land with knees bent.
- Bunny Hops** - Flat hands. Hands first, then feet, keeping arms straight, lifting legs and pointing toes.
- Sequence** - To show a clear Start, Middle and Finish, with good control
- Rolls** - Ensuring head is **tucked** in, with a forward Roll

Key Vocabulary

- Dish
- Arch
- Straddle
- Sequences
- Bunny hop
- Middle
- Control