


PE KNOWLEDGE ORGANISER - RUNNING AND JUMPING - YEAR 1/2

<p>Prior Knowledge & Skills— Early Learning Goals</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>Demonstrate strength, balance and coordination when playing;</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Key Vocabulary</p>		<p>Running Technique—Longer Distances</p> <p>Steady head and look straight ahead (head and eyes up).</p> <p>Relaxed jaw for easy breathing.</p> <p>Drop and relax shoulders.</p> <p>Hold yourself upright; don't drop at your waist.</p> <p>Slightly cup your hands into a relaxed position.</p> <p>Lean forwards at your ankles, rather than the waist.</p> <p>Your feet should not 'thump' the floor, put push off lightly.</p>
<p>Key Knowledge & Skills</p> <p><u>Year 1:</u></p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p><u>Year 2:</u></p> <p>Use different ways of travelling at different speeds, and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p>	<p>Word</p>	<p>Definition</p>	<p>Future Learning—KS1 Invasion Games</p> <p><u>Year 1:</u></p> <p>Begin to move at different speeds.</p> <p>Starts and stops quickly.</p> <p><u>Year 2:</u></p> <p>Show control and co-ordination when moving at different speeds.</p> <p>Maintains balance whilst changing direction quickly.</p>
	<p>Jogging</p>	<p>Running at a steady (but not too fast) speed so you can run longer distances.</p>	
	<p>Sprinting</p>	<p>Running at full speed, you can only do this for a short amount of time.</p>	
	<p>Direction</p>	<p>The way you are moving when you run.</p>	
	<p>Speed</p>	<p>How quickly you are running.</p>	
	<p>Power</p>	<p>How much force you put into your body</p>	
	<p>Long jump</p>	<p>Seeing how far you can jump</p>	
<p>High jump</p>	<p>Seeing how high you can jump.</p>		
<p>Jumping Technique:</p> <p>Forceful forward and upward swing of the arms.</p> <p>Legs straighten in the air.</p> <p>Ankles, knees and hips bend on landing.</p> <div data-bbox="969 1098 1552 1489" style="text-align: center;">  <p>twinkl.com</p> </div>			