



# Knowledge Organiser: PE - Year 2 – Spring 1 – V4 2023



## Children will know:

### Gymnastics

- How to move creatively and confidently with control, balance and coordination
- How to cooperate and work in small teams
- Understand and explain the importance of health, exercise and food
- The importance of listening and responding to set tasks and sounds following the rules and expectations
- How to safely negotiate space
- How to remain on task to complete an outcome

## Key Facts/Information:

- Lesson 1 – Body Part Freeze, How Many Ways to Balance, Awake or Asleep
- Lesson 2 – Balance Buddies, Balancing Habitats, Balance Demonstration
- Lesson 3 – Roll Stations, Roll with It, Simultaneous Sequences
- Lesson 4 – Shape Shift, Jump & Roll, Minibeast Madness
- Lesson 5 – Simon Says, Spin It, Here's My Spin
- Lesson 6 – Spin Revision, It's a Defence Mechanism, Defence Sequences

## Key Vocabulary:

- |           |             |           |
|-----------|-------------|-----------|
| • Balance | • Extend    | • Lake    |
| • Body    | • Hold      | • River   |
| • Shape   | • Support   | • Pivot   |
| • Safety  | • Egg       | • Seated  |
| • Rock    | • Log       | • Spin    |
| • Awake   | • Dish      | • Spot    |
| • Asleep  | • Side roll | • Travel  |
| • Partner | • Animal    | • Attack  |
| • Lean    | • Habitat   | • Defence |
| -         |             |           |

## Prior EYFS Learning Links:

### EYFS – Nursery F1

- Understanding how to jump up and down and move in different ways.
- Showing increasing balance and control by, for example, climbing up apparatus, using alternate feet.

### EYFS – Reception F2

- Showing control, flexibility and awareness of own body, for example, runs and jumps confidently landing safely on two feet.
- Showing improved spatial awareness. Is aware and follows safety rules
- Developing over all body-strength, balance coordination and agility
- Negotiating space and obstacles safely, with consideration for themselves and others

## Prior Year 1 Learning Links:

### Year 1 – Gymnastics

Premier PE to deliver supported by school staff and also provide an

After School Club