




# PE - Knowledge Organiser

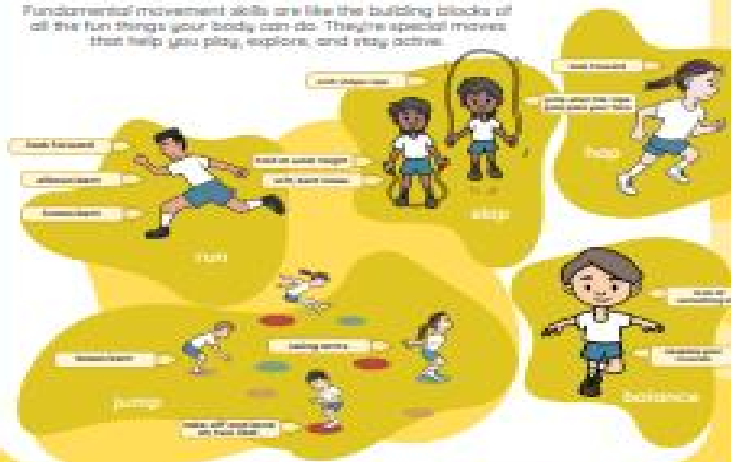
Autumn One – 2024.2025 – Year 2 – Fundamentals



## Knowledge Organiser Fundamentals Year 2

### About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



### Ladder Knowledge

Running:	Balancing:	Jumping:	Hopping:	Skipping:
Putting weight into the front of your feet helps you to step in a balanced position. Pushing on the balls of your feet, taking big steps and having elbows bent will help you to run faster.	Squeezing your muscles helps you to balance.	Swinging your arms forwards will help you to jump further.	If you look straight ahead it will stop you from falling over when you hop.	Swing opposite arms to leg to help you to balance when skipping without a rope.

### Powerful Skills

- run
- speed
- agility
- dodge
- balance
- jump
- hop
- skip

### Other Skills

This unit will also help you to develop other important skills:

- Social:** collaboration, respect, take turns, communication, encourage others
- Emotional:** determination, knowing persistence
- Thinking:** competitiveness, make decisions, creativity, use tactics, recall

### Contexts

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

### Healthy Participation

Behave and move in a safe way.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.gettest4education.co.uk](http://www.gettest4education.co.uk)

### Footwork Frenzy

What you need to do:

How to play:

- Place the cards in a straight line with a gap in between them the size of your foot or between each card.
- Begin at one end of the cards and complete the below steps times to complete challenge.
- Use through the gaps, placing one foot in each. Be as quiet as you can.
- Jump two feet in each gap! Then backwards.
- Jump feet wide, then feet together in the gaps.
- Hopping on 1 foot, run flat, 1 foot, 2 feet etc.
- Observe to form sideways on each jump in the gaps.

[www.gettest4education.co.uk](http://www.gettest4education.co.uk)

### Powerful Knowledge

balance		
dodge	land	sprint
hop	run	swing
hurdle	skip	take off
jump	speed	weight

If you enjoy this unit why not see if there is an athletics club in your local area.

### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

Head to our youtube channel to watch the skills videos for this unit. [@gettest4education156](https://www.youtube.com/channel/UC...)