

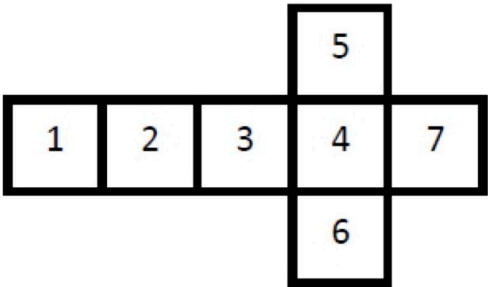
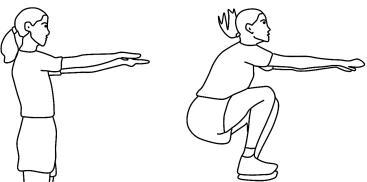
Knowledge Organiser: Year 2 Run Jump Throw Unit 1



Prior Learning: Increased stamina and core strength. Worked collaboratively on more complex tasks. Worked to improve strength, balance, agility and coordination.

Unit Focus: Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.

Equipment needed: A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, low hurdles.



Key Vocabulary/Skills	
Awareness of others.	Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.
Creating power.	
Quick feet.	
Choose appropriate throw.	
Static and dynamic balances.	

Head: Make choices about appropriate throws for different activities.

Hand: Show increased control of body and limbs.

Heart: Work cooperatively to complete running, jumping and throwing tasks.

Key Questions:

1. What is a static and dynamic balance?
2. What games might you need to have quick feet in?
3. How do different starts affect sprinting?

Rules:

- Wait for command before you start.
- Being aware of others around you.

