

Year 2 P.E. knowledge organiser – Summer 2

Physical skills

I can describe how and why my body changes during and after exercise.

I use equipment appropriately and move and land safely.

I can say how my body feels before, during and after exercise.

I am aware of why exercise is important for good health.

Themes

Body twister



Balance dice frenzy



Artistry



Fundamental movement skills

Static balance

The ability to maintain an upright posture and to keep the line of gravity within the limits of the base of support.

Agility

The ability to move quickly and easily.

Key Vocabulary

Combination

The result of an act of combining; things that are brought together or combined.

Roll

To move by turning over and over.

Exercise

Activity done to keep the body or mind strong or to make them stronger.

Speed

The act of moving rapidly or swiftly.

Position

The location of a person or thing.

Control

To hold back or restrain.

Sequence

A pattern or process in which one thing follows another.

Health

The condition of one's body or mind.

Collect

To gather together.