

Year 2 P.E. knowledge organiser – Spring 2

Creative skills

I can explore and describe different movements.

I can select and link movements together to fit a theme

I can respond differently to a variety of tasks or music.

I can make up my own rules and versions of activities.

Themes

On the mat



Grand Prix



The big city



Gym skills

Rotation

1. Learn different rolls and spins.
2. Explore rolls and spins using low apparatus and begin to develop a sequence.
3. Perform sequences of rolls and spins using low apparatus.

Key Vocabulary

Rotation	Moving on an axis.
Balance	Being steady in body or mind.
Counter-balance	A force or influence, such as a weight or a point in an argument, that exactly balances another
Sequence	A pattern or process in which one thing follows another.
Coordination	The working together of different muscles to carry out a complicated movement.
Lean	To bend or slant.
Roll	To move by turning over and over.
Combination	Things that are brought together or combined.
Stationary	Not moving; still.