

# Year 2 P.E. knowledge organiser – Spring 1

## Health and fitness skills

I use equipment appropriately and move and land safely.

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

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

### Themes

Race walking



Stuck in the mud



Park life



## Gym skills

**Flight** Learn different types of jumps and leaps.

**Static balance** The ability to remain stationary.

**Dynamic balance** The ability to remain standing and stable while performing movements or actions.

## Key Vocabulary

Rotation	Moving on an axis.
Balance	Being steady in body or mind.
Stance	A way of standing or being placed.
Sequence	A pattern or process in which one thing follows another.
Swing	To cause to move back and forth around a point.
Circuit	Travelling from place to place.
Shoulder width	Part of the human body between the neck and the upper arm.
Combination	Things that are brought together or combined.
Stationary	Not moving; still.