

Year 2 PE knowledge organiser

Physical Development	
Movement and Skills	Agility, balance, co-ordination, control, direction, speed, running, jumping, throwing, catching, rhythm
Equipment	Small balls, large balls, rackets, goals, cones, football, nets (varied), cricket bat, rounder's bat
Game skills	Defence, attack, tactic, team work, communication



Healthy lifestyle	
Healthy eating	Understanding the importance of having a balanced diet and have an awareness of factors that impact health, both good and bad.
Lifestyle habits	Explain what a healthy lifestyle is and reflect on my own lifestyle. Evaluate and describe how and why my body changes during and after exercise.
Mental wellbeing	Celebrating similarities and differences between each other and why we are unique and special. Having an awareness of why exercise makes us feel better.

Key Vocabulary	
Safety	Away from danger
Communication	Exchange of messages, information or ideas
Health	Being free from illness or injury
Mirroring	Imitating something/someone
Sequence	A pattern or process in which one follows another
Performance	The act of presenting, usually to an audience
Communication	The way you face or travel, e.g. left, right, forwards, backwards
Narrative	A story, description or event
Respond	To answer or give a reply (verbal or on-verbal)
Consistent	A regular pattern or style; not changing
Improve	Making it better
Stimuli	Something that causes feeling, movement or thought
Rhythm	Movement marked by regular sound
Choreography	Looking at the differences and similarities