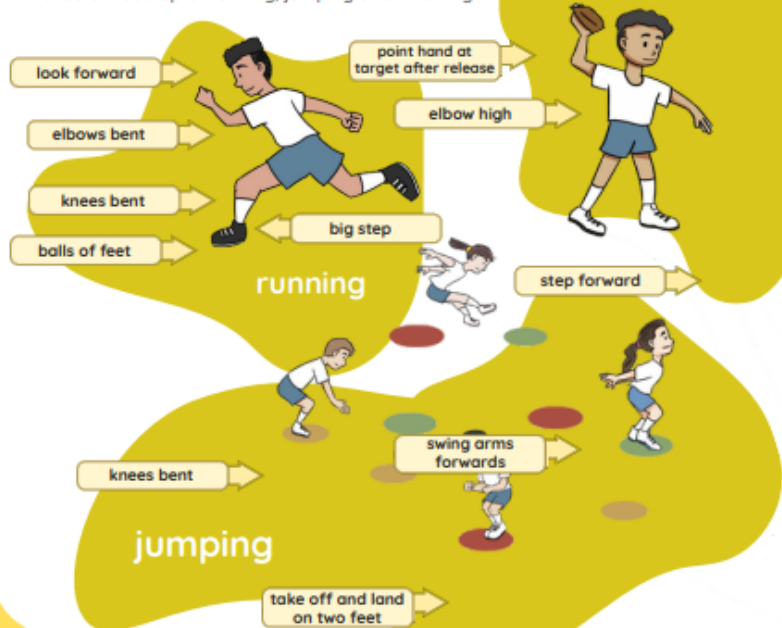


Knowledge Organiser

Athletics Class 2

About this Unit

Athletics is made up of running, jumping and throwing.



Key Vocabulary



overarm

- | | | |
|----------|---------|----------|
| aim | height | sprint |
| distance | jog | take off |
| far | jump | target |
| fast | landing | throw |



If you enjoy this unit why not see if there is an athletics club in your local area.

Ladder Knowledge



Running:

Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Jumping:

Swinging your arms forwards will help you to jump further.

Throwing:

Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

Movement Skills

- run
- jump for distance
- jump for height
- throw for distance
- throw for accuracy

This unit will also help you to develop other important skills.

Social communication, work safely, support others

Emotional determination, independence

Thinking comprehension, observe and provide feedback, explore ideas, select and apply skills

Rules

Follow the rules when working with others.

Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer
- be stronger

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Mousetrap

What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

www.getset4education.co.uk



Head to our youtube channel to watch the skills videos for this unit.



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Get Set 4 Education

Knowledge Organiser Target Games Class 2

About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

overarm throw

- elbow high
- step forward with your opposite foot
- use for distance

roll

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target

underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

Ladder Knowledge



Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

Striking:

finish with your object/hand pointing at your target.

Movement Skills

- roll
- overarm throw
- underarm throw
- strike
- dodge
- jump

This unit will also help you to develop other important skills.

Social congratulate, support others, co-operation, kindness

Emotional manage emotions, honesty

Thinking identify areas of strength and areas for development, select and apply, comprehension, decision making

Rules

Know how to score points for each game and follow simple rules.

Tactics

Use and apply simple tactics. They help us to make a plan to complete a challenge.

Healthy Participation



- Make sure unused balls are stored safely.
- If hitting a ball make sure there is a safe space.

Key Vocabulary



accurate	release
ahead	strike
aim	target
opponent	teammate
overarm	underarm

If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Bowls

What you need: two players, a marker and three pairs of socks each

How to play:

- Play against another player.
- Place a target marker an agreed distance from a start line.
- Takes turns to roll or throw your sock towards the target marker.
- Whoever lands closest to the target marker wins the round.
- Play first to ten points.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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