

Year 2 – Autumn Term



Knowledge Organiser Fundamentals Year 2

Ladder Knowledge



Running:
Putting weight into the front of your feet helps you to step in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Balancing:
Squeezing your muscles helps you to balance.

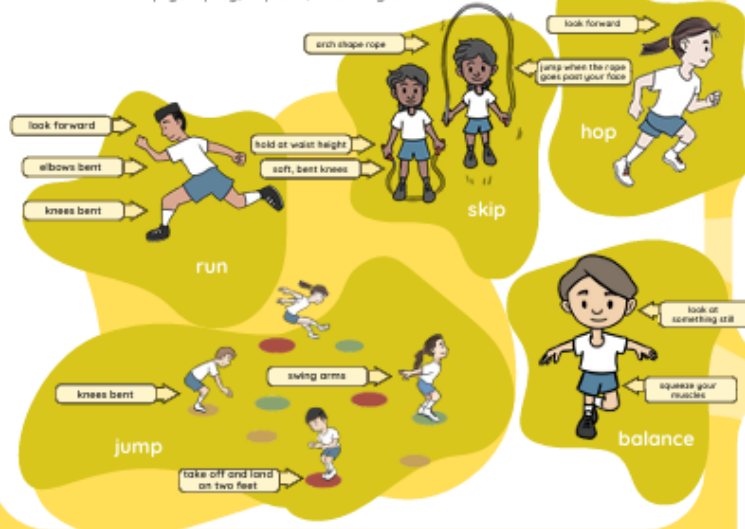
Jumping:
Swinging your arms forwards will help you to jump further.

Hopping:
If you look straight ahead it will stop you from falling over when you land.

Skipping:
Swing opposite arm to leg to help you to balance when skipping without a rope.

About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



Movement Skills

- run
- speed
- agility
- dodge
- balance
- jump
- hop
- skip

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

Social collaboration, respect, take turns, communication, encourage others

Emotional determination, honesty, perseverance

Thinking comprehension, make decisions, creativity, use tactics, recall

Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

Healthy Participation



Behave and move in a safe way.

Key Vocabulary



balance

dodge

hop

hurdle

jump

land

run

skip

speed

sprint

swing

take off

weight

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



This unit will help you to:

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

Home Learning

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

Footwork Frenzy



What you need: 6 socks

How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopsotch, 1 foot, two feet, 1 foot, 2 feet etc
 5. Rotate to turn sideways on each jump in the gaps.



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



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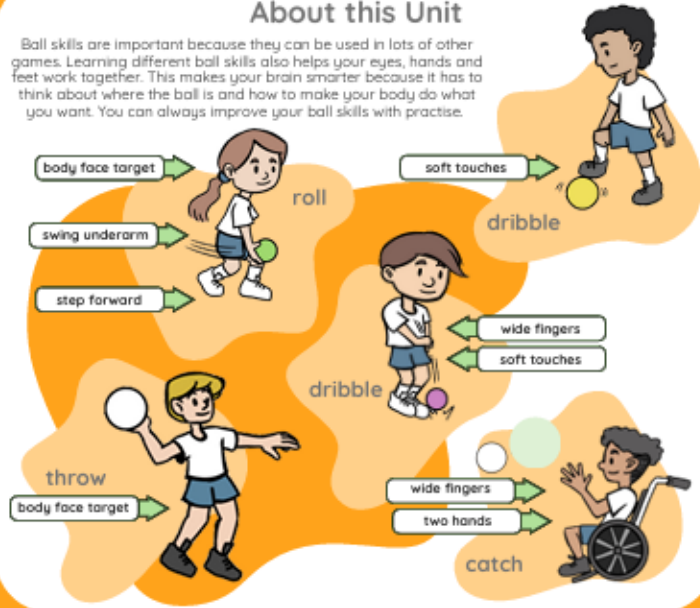
Year 2 – Autumn Term



Knowledge Organiser Ball Skills Y2

About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.



Ladder Knowledge



Sending:
Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:
Use wide fingers and pull the ball into your chest to catch securely.

Tracking:
It is easier to move towards a ball to track it than chase it.

Dribbling:
Keep your head up when dribbling to see the space and other players.

Movement Skills

- roll
- track
- dribble with feet
- kick
- throw
- catch
- dribble with hands

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

- Social** inclusion, communication, collaboration, leadership
- Emotional** independence, honesty, perseverance, determination
- Thinking** comprehension, select and apply skills, use tactics

Strategies

For all ball skills use these tips:
Track the ball as it comes towards.
Point your hand or foot towards your target when sending the ball.
Cushion the ball as you receive it.

Healthy Participation



- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

Key Vocabulary



bounce		
catch	kick	roll
collect	prepare	target
control	receive	touch
dribble	release	underarm



This unit will help you to:

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

Home Learning

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

Sock Boule

What you need: a target object, rolled up socks, 2 or more players

How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.
- First player to 5 points wins.

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



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Knowledge Organiser Invasion Year 2

About this Unit

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball (the team that does not have the ball) are the defenders.



Which person is the attacker and which person is the defender?

Key Vocabulary



attack	opponent	score
defend	possession	shoot
defender	receive	tactic
goalkeeper	send	teammate
mark		

Ladder Knowledge



Sending & receiving:

controlling the ball before sending it will help you to get it to the right place or person.

Dribbling:

keeping your head up will help you to see where defenders are.

Space:

moving into space away from defenders helps you to pass and receive a ball.

Attacking:

when your team is in possession of the ball you are an attacker and we can score.

Defending:

when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing between the ball and the attacker will help you to stop them from getting the ball.

Movement Skills

- dribble
- throw
- catch
- kick
- receive
- run
- change speed
- change direction

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

Social Emotional Thinking

communication, kindness, support others, co-operation, respect, collaborate
empathy, perseverance, honesty, integrity, independence
creativity, select and apply, comprehension, problem solving, provide feedback

Rules

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

Tactics

Attacking tactics

- Move into space towards goal
- Make quick decisions to pass
- Communicate with each other to let a teammate know you are free.

Defending tactics

- Mark an opponent
- Stand in between the attacker and the ball
- Have someone take on the role of goalkeeper.

Healthy Participation



- Make sure any equipment not used is stored out of the way.

This unit will help you to:

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



If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a basketball, football, handball, hockey, netball or tag rugby club.

Home Learning

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

Protect the gate

What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- Six attempts then change roles.

What was your score /6?

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Get Set 4 Education

Knowledge Organiser Gymnastics Year 2

Ladder Knowledge



Shapes:
Some shapes link well together.

Balances:
Squeezing your muscles helps you to balance.

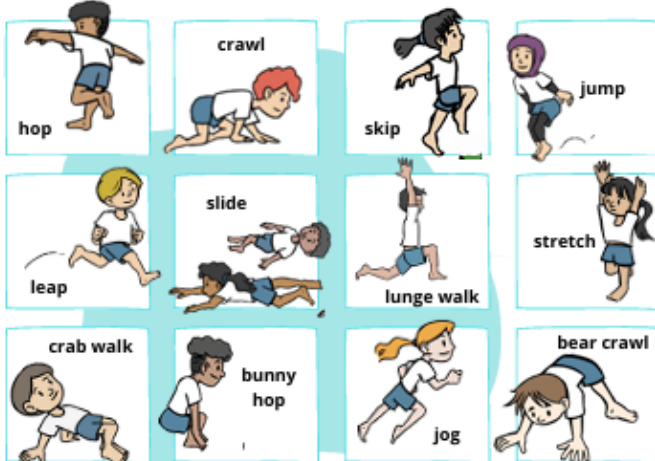
Rolls:
There are different teaching points for different rolls.

Jumps:
Looking forward will help you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



Movement Skills

- shapes
- balances
- travelling actions
- shape jumps
- barrel roll
- straight roll
- forward roll

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

- Social** leadership, work safely, respect
- Emotional** confidence, independence
- Thinking** select and apply actions, creativity

Strategy

Use shapes that link well together, it will help your sequence to flow.

Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

Key Vocabulary

balance		
direction	pike	speed
level	roll	star
link	sequence	straddle
pathway	shape	tuck



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



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

Home Learning

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



Gymnastics Obstacle Course



What you need: a dressing gown, rope, two pillows and toy

How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.



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



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Year 2 – Spring Term



Knowledge Organiser Net and Wall Games Year 2

Ladder Knowledge



Hitting:
watch the ball as it comes towards you to help you to get ready to hit it.

Feeding:
use enough power when throwing to let the ball bounce once before your partner returns it.

Rallying:
sending the ball towards your partner will help you to keep a rally going.

Footwork:
using a ready position helps you to react quickly and return/catch a ball.

About this Unit

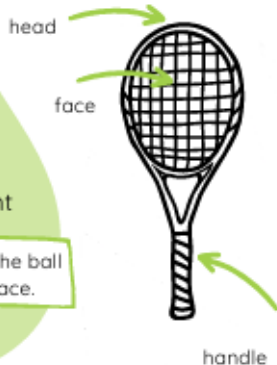
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Movement Skills

- throw
- catch
- hit
- track

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

Social

co-operation, respect, support others

Emotional

honesty, persevere

Thinking

select and apply, reflection, decision making, comprehension

Rules

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

Tactics

Using tactics makes it difficult for my opponent.

Attacking tactics

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

Home Learning

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

Key Vocabulary



against	
defend	ready position
partner	receive
point	return
quickly	trap

If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

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

Catch Tennis



What you need: two players, three markers and a ball

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



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



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Knowledge Organiser Striking and Fielding Year 2

About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.

There are different roles on a batting and fielding team:

Batter

- hits the ball
- tries to score points
- is part of the batting team



Backstop/ wicket keeper

- stands behind the batter
- collects the ball if the batter misses or hits behind
- is part of the fielding team



Fielder

- stands in space in the field
- collects the ball the batter has hit
- is part of the fielding team



Bowler

- throws the ball for the batter to hit
- is part of the fielding team



Key Vocabulary



backstop	fielder	runs
batter	fielding	stump
batting	hit	tactics
bowler	out	teammate
collect	rules	track

Ladder Knowledge



Striking:

the batter is the person who hits the ball and tries to score. Striking the ball quickly will increase the power.

Fielding:

there are different roles on a fielding team such as a fielder, a bowler and a backstop or wicket keeper. Move towards the ball to collect it to limit a batter's points.

Throwing:

stepping with your opposite foot to throwing arm will help you to balance.

Catching:

use wide fingers and pull the ball in to your chest to help you to securely catch.

Movement Skills

- underarm throw
- overarm throw
- catch
- track
- bowl
- bat

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

Social communication, encourage others, collaboration
Emotional honesty, perseverance, determination, acceptance
Thinking use tactics, comprehension, select and apply, decision making

Rules

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

Tactics

Attacking (batting) tactics:

- Try to hit the ball away from the fielders
- Make quick decisions about whether to run

Defending (fielding) tactics:

- Spread out
- Make quick decisions about where to send the ball
- Know that moving towards the ball to collect is easier than running after a ball
- Throwing the ball back is quicker than running with it

Healthy Participation



- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.

Home Learning



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

Roller Ball

What you need: two or more players, two objects for markers and a ball or pair of rolled up socks.

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the "roller." They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- Four turns then change over.

Who has the highest score?



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This unit will help you to:

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

If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.



Year 2 – Summer Term



Knowledge Organiser Athletics Year 2

About this Unit

Athletics is made up of running, jumping and throwing.



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.

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.



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 framer or some toilet rolls.



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



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Knowledge Organiser Dance Year 2

About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore..

- Structuring the Dance**
- **Getting nectar** (balance) 8 counts
 - **Waggle dance** (movement in the hoop) 8 counts
 - **Busy bees** (travel) 8 counts
 - **Landing time** (around the hoop) 8 counts



Secret Garden



Welcome to the circus!

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social
Emotional
Thinking

- respect, collaboration, work safely, communication
- independence, confidence, perseverance, determination
- provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

The Rainforest

- Some trees in Tasmannia rainforests can live for 2,000 years.
- A quarter of ingredients in modern medicines come from rain forest plants.
- The Amazon rain forest in South America is so big that if it were a country, it would be the 4th biggest in the world.
- The forest floor is almost totally in darkness, only 2% of the sunlight reaches through the canopy.
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!

JACK FROST

- Start position 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Finishing position 8 counts

Healthy Participation

- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.

Key Vocabulary

action	expression	A Z
counts	level	
create	matching	perform
direction	mirroring	speed
dynamics	pathway	timing
		unison



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible

Home Learning

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

Newspaper Dance

What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



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



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