

Key Knowledge



Running

Run on the balls of your feet
Swing your arms back and forth, letting them come close to your ears when they swing forward
Lift your knees up comfortably instead of running with straight legs.



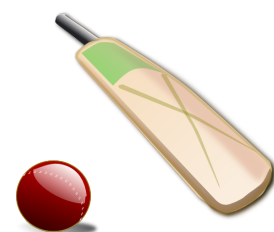
Jumping

Jumping can be done in different ways.
Hopping- Balance on one leg and bend the knee to jump higher and further.
Ski Jump- Start with your feet shoulder-width apart, bend your knees, swing your arms back, and jump up with both feet leaving the ground at the same time and landing together.



Throwing & Catching

Throwing and catching can be done in different ways.
You can throw with one hand underarm, one hand overarm, a push throw from above the head (shotput), a two handed underarm & two handed overarm. For catching, you can use two hands above or below your head or catch with one hand above or below your head.



Bat & Ball

A bat and ball sports are games where two teams compete against each other. One team bats and the other team fields. Cricket and rounders are two well-known bat and ball sports. The aim of the games are to hit the ball as far as possible so the batter can run further. One bowler always throws to the batter. Other sports may involve a bat and a ball but are linked to other topics because there's no batting and fielding team, for example, tennis is classed as a racket sport.

Key Vocabulary

Running	Travelling from location A to location B at a quicker speed than a walk
Agility	The ability to change the position of the entire body with speed and accuracy.
Hopping	Travelling from location A to location B using only one leg. Arms can be used to propel the body forward but also maintain balance.
Ski Jump	Travelling from location A to location B using a two feet to two feet jump. Both feet need to leave the ground and land in tandem. Arms can be used to propel the body forward but also maintain balance.
Throwing	The ability to launch an object using one hand or two to a target, such as someone's hands, an object such as cricket stumps, or in relation to athletics, as far as the body allows.
Catching	The ability to gather an object, using one hands or two, either before, or while it's bouncing. If an object is already on the ground, it is not classed as a catch.

What should I already know?

KS1

Year 1

- Running and stopping.
- Jumping, throwing and aiming.
- Balancing stood still.

Year 2

- Run at different speed.
- Jumping and hopping.
- Throwing towards a target.
- Some understanding of balance and coordination when changing direction