



Knowledge Organiser

KS2 Functional Fitness



Key Knowledge

Speed & Agility

Four basic components make up speed; reaction time, acceleration, maximum speed & speed endurance. Agility is changing body position or direction of the body quickly.

Strength & Power

Strength is the ability to exert maximal force to overcome resistance, while power refers to the ability to overcome resistance in the shortest period.

Cardio & Muscular Endurance

Cardiovascular endurance is the ability of your heart and lungs to fuel your body with oxygen.

Muscular endurance is the ability of your muscles to work continuously without getting fatigued.

Key Vocabulary

Speed	The ability to move part or all the body as quickly as possible.
Agility	The ability to change direction at speed, while maintaining balance.
Strength	The maximum force a muscle or group of muscles can apply against a resistance.
Power	The maximum force possible, performed at speed (strength X speed).
Cardio Endurance	The ability to continuously exercise without tiring.
Muscular Endurance	The ability of a muscle or group of muscles to repeatedly contract or keep working without tiring.

Focus Sports

Speed & Agility

Jonny May is a rugby union winger for Gloucester & England. Although rugby is considered a contact sport, it's primary focus is evasion. Wingers are expected to be quick, changing direction effortlessly to beat defenders and score tries.



Strength & Power

Pyrros Dimas is regarded as the greatest Olympic weightlifter ever, winning 3 gold medals over an 8-year period for Greece.



Cardio & Muscular Endurance

Jonny Brownlee is the most decorated Olympic triathlete, with 3 medals from 3 games. He's also won 3 commonwealth games medals, and 5 golds from 23 ITU events.



What should I already know?

LKS2

- Balance, coordination and technique when running at different speeds.
- How to connect running and jumping movements.
- Different throws.
- Balance and coordination when changing direction.
- How to use coordination with increased control with and without equipment.

UKS2

- How to consistently show balance, coordination and technique when running at different speeds: how to avoid our peers.
- Hopping and jumping actions including running as an in between. How to perform different take offs and landings while maintaining balance.
- How to jump for distance and height showing control.
- Throwing with accuracy and power towards a target.
- How to demonstrate good balance and control when performing skills.
- How to coordinate our bodies at speed.