



Knowledge Organiser

KS2 Fundamental Movement Skills



Key Knowledge

Running

Run on the balls of your feet, swinging arms back & forth so, your thumb nearly touches your ear when they swing forward. Lift the knees up to a comfortable height instead of running with straight legs.

Jumping

Hopping: Maintain balance on the chosen leg, bending the knee to increase the height & distance of the hop.

Ski jump: Start with feet shoulder width apart, bend at the knees to 90°, keeping both feet flat to the floor. Swing both arms back, then forward at the same time as the legs are extended, with both feet leaving the floor at the same time and landing at the same time.

Coordination

Coordination requires the use of more than one body part working in unison. The body parts do not have to be the same, i.e., coordination could be one foot and one hand.

Balance

Balance is required in all sports, but it can be more beneficial in certain activities over others. We need balance to run in a straight line, but it is far more essential in gymnastics or dance. The two types of balance are static balance (when stationary) and dynamic balance (when moving).

Agility

Agility is influenced by balance, strength, coordination & skill level. Agility can naturally be easier with a base level of strength & conditioning that is appropriate for the level they're participating in.

Throwing & Catching

Both throwing & catching have many variations, some harder than others, but more beneficial in certain sporting situations. Variations include throwing with one hand underarm, one hand overarm, a push throw from above the head (shotput), a two handed underarm & two handed overarm. Variations for catching include two hands above & below the head, catching with one hand above or below the head.

Key Vocabulary

Running	Travelling from location A to location B, at a quicker speed than a walk
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 & land in tandem. Arms can be used to propel the body forward, but also maintain balance.
Coordination	The ability to use more than one body part in unison to complete a task.
Balance	The ability to keep control of the body's positioning, when stationary or dynamic.
Agility	The ability to change the position of the entire body with speed and accuracy.
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?

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.
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