



Knowledge Organiser

KS2 Multi-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.

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.

Bat & Ball

A bat & ball sport must have two teams competing against each other, with a batting team, and a fielding team. The two best known bat & ball sports are Cricket and Rounders. Although scoring differs between the two sports, there are still a lot of similarities. The objective of hitting the ball as far as possible, but into space, allowing the batter to run further, and one bowler always throwing to one batter are just a couple of similarities. Other sports may include a bat & ball but are linked to other topics because there's no batting & 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 & 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?

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.