

Caroline Haslett Primary School – PE

Topic: Locomotion/ jumping

Year 2

<p>Knowledge</p> <ul style="list-style-type: none"> • Apply correct techniques when jumping. • Know how to land on two feet safely. • Understand why, when and where to jump in a game. • Identify dangers and obstacles when jumping and landing. • Know how to apply imagination and creativity when jumping. • Assess the quality of their own and others jumps and landings. • Learn and remember the rules of different games. 	<p>Vocabulary</p> <p>Attacker Being in possession of the ball or when trying to avoid a defender</p> <p>Defender Not being in possession of the ball or when avoiding a defender to score a point.</p> <p>Distance The length of a space between two points.</p> <p>Jumping A form of moving where the body is used to propel ourselves off a surface into the air.</p> <p>Landing How we use our bodies to land after we have left a surface and jumped into the air.</p> <p>Space An open area on the pitch that is unoccupied by a defender/ defending team.</p> <p>Speed The ability to move all parts of the body as quickly as possible.</p>
<p>Activities</p> <p>Lily pad and snakes Avoid the rocks Avoid the sharks Jumping competitions Jumping combinations</p>	<p>Skills</p> <ul style="list-style-type: none"> • Jump with accuracy. • Land on two feet, bending knees to absorb the impact. • Use the body to propel ourselves, jumping as far as possible. • To use a combination of jumps and link them. • Identify open, safe spaces to jump into, avoiding other pupils. • Run at different speeds • Use different techniques when throwing • Give and receive effective feedback

Whole School Progression

Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Run and stop with some control	Run at different speeds	Change speed and direction, link running and jumping and throw accurately	Throw with accuracy and power towards a target	Increase running and jogging distance with correct techniques	Sustain and maintain running speed, throwing distance and jumping distance
Start to show balance and coordination when changing direction	Jump with accuracy	Choose when to run and when to jump	Understand and show the difference between sprinting, running and jogging	Talk through the differences in techniques between short, middle and long distance,	Choose pace for running and continue that throughout event
Jump, leap and hop with some control	Use different techniques when throwing	Select which throwing technique is used for accuracy and distance	Can jump for distance and height	throwing for distance and jumping for height and distance.	
Use underarm and overarm throws towards a target					