



KNOWLEDGE ORGANISER

PHYSICAL EDUCATION		FUNDAMENTAL MOVEMENT SKILLS	LKS2
Cross curricular links	Key skills	Key Vocabulary/definitions	
PSHE: The importance of a healthy body.	<p>Show balance and co-ordination when running at different speeds, stopping with control.</p> <p>Link controlled running, hopping and jumping actions using different take-offs and landing.</p> <p>Jump for distance and height showing balance and control.</p> <p>Demonstrate good balance and control when travelling.</p>	<p>Technique: A certain, specific movement procedure to tackle a particular task.</p> <p>Balance: To remain steady by keeping weight equal on all sides.</p> <p>Travel: Moving from one point to another.</p> <p>Control: Initiating and directing purposeful, voluntary movement.</p> <p>Co-ordination: The ability to use the right muscle with the correct intensity to achieve an action.</p>	
Pictures/photos relevant to topic	<p>Show balance when changing direction at speed in combination with other movements.</p> <p>Co-ordinate the body at a speed in response to a task.</p>	<p style="text-align: center;">Key facts</p> <p>Sprints are short running races in athletics. They are events in which runners do not have to 'pace' themselves but can run as fast as possible for the entire distance.</p> <p>The purpose of throwing may be for distance or at a given target. There are different throwing techniques such as underarm, overarm and push throws.</p> <p>The action of jumping is central to several sports and activities. Some sports are based almost exclusively on the ability to jump, such as high jump in track and field, whereas in other sports the act of jumping is one of multiple athletic abilities used in the sport, such as basketball.</p>	
  			