

Fitness Knowledge Organiser - Year 2



Prior Learning: In year one, children took part in some fun, fitness activities through our Pirate fitness sessions. Children developed their balance, agility and coordination, through pirate exercises. They were introduced to how their heart beats faster when exercising. They also looked at how they could improve their scores.

Physical Me

Jump, step, hop, bounce

**Balance, agility,
Co-ordination**

Walk, run, jog

Key Skills

Value Me:

- Perseverance
- Kindness
- Determination

Social Me

- Co-operation
- Leadership
- Communicate
- Listening

Thinking Me

- How can I improve my performance?

Key Vocabulary

Co-ordinate

Teach

Timing

Heart Beat

Steady Pace

Speed

Challenge

Score

Seconds

Key Knowledge

Co-ordinate: Getting the arms and legs to work together at the same time

Speed: The ability to move all or part of the body as quickly as possible

Steady Pace: Exercising at a speed where you can keep going without getting tired too quickly

Heart Beat: Your heart has to push so much blood through your body, that you can feel a little thump in your arteries each time the heart beats! You can feel a pulse in your wrist and your neck.

