



# Knowledge Organiser Fitness Year 2

## Ladder Knowledge



**Agility:**  
Using small quick steps will help you to change direction.

**Balance:**  
You can squeeze your muscles to help you to balance.

**Co-ordination:**  
Some skills require you to move body parts at different times such as skipping.

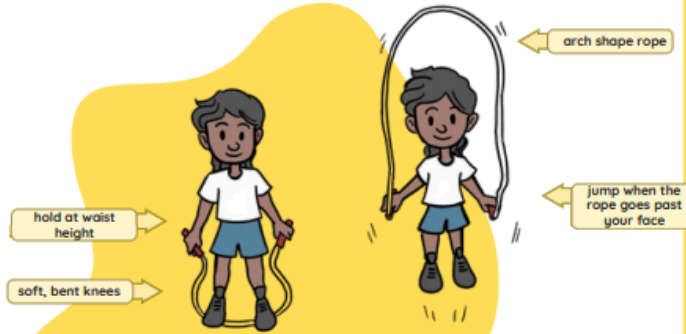
**Speed:**  
Take shorter steps to jog and bigger steps to run.

**Strength:**  
Strength helps us with everyday tasks such as carrying our school bag.

**Stamina:**  
You need to run slower if running for a long time.

## About this Unit

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.



## Movement Skills

- run
- stamina
- skip
- co-ordination
- agility
- strength
- balance

This unit will also help you to develop other important skills.

**Social** encourage others, communication

**Emotional** perseverance, determination

**Thinking** comprehension, identify strengths and areas for improvement

## Strategy

Keep trying lots of different activities outside of school to find something you enjoy.

## Healthy Participation

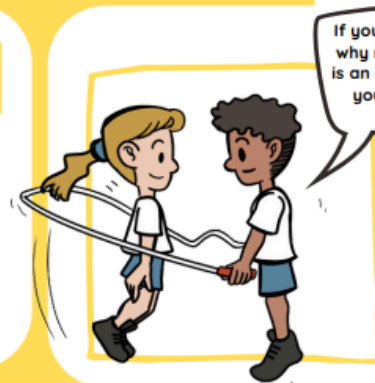


Behave and move in a safe way.

## Key Vocabulary



|          |        |        |
|----------|--------|--------|
| bend     | jump   | steady |
| breath   | land   | strong |
| exercise | speed  | time   |
| jog      | sprint | tired  |



If you enjoy this unit why not see if there is an athletics club in your local area.



This unit will help you to:

- change direction quickly
- balance
- move different body parts at the same time
- be faster
- move for a long time
- be stronger

Home Learning Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



## What's that Word?



What you need: people you live with

### How to play:

- As a household choose three words that you are going to be your 'what's that' words for the day. e.g CAN, YOU and TV.
- Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises.
- Don't forget to remind them by saying:

What's that word?



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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