The Acorn Partnership
Marston Montgomery Primary School
Long Lane C of E Primary School

PE –Running and Jumping –
Year 1

New Knowledge:

- I know how change speed when running.
- I know how to change direction when jogging.
- I know how to perform a range of jumps.
- I know how to sequence different jumps together.
- I know how to complete sports day events.
- I know how to complete sports day events.

Sticky Learning

- I know how to throw a ball.
- I know how to play a game by throwing a ball.
- I know how to strike a ball with a. tennis racket.
- I know how to change power when throwing.
- I know how to throw and catch a ball with a partner.
- I know how to use fielding skills to play a game











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PE –Running and Jumping – Year 2

New Knowledge:

- I know how to change speed when running and the affect this has on my body.
- I know how to complete an obstacle course while jogging.
- I know how to perform a range of jumps with control.
- I know how to sequence different jumps together with fluency
- I know how to complete sports day events.
- I know how to complete sports day events.

Sticky Learning

- I know how to throw a ball at a target.
- I know how to play a game by throwing a ball and attack and defend.
- I know how to strike a ball with a. tennis racket using the correct technique.
- I know how to investigate ways to change throwing technique.
- I know how to throw and catch a ball with a partner with control.
- I know how to use fielding and striking skills to play a game.









Key Vocabulary	
Jogging:	Moving at a slow, steady speed, like running but not too fast.
Pace:	How fast or slow you are moving, like the rhythm of your steps.
Speed:	How quickly something or someone is moving.
Dodging:	Quickly moving out of the way to avoid something.
Obstacle:	Something in your path that you have to go around, over, or under.
Jumping:	Pushing off the ground with your feet to go into the air.
Leaping:	Jumping forward or upward with a big, strong movement.
Combine:	Putting things together to make one.
Sequence:	A special order that things happen or are done in, one after the other.
Balance:	Staying steady without falling over.
Distance:	How far one thing is from another.
Jump:	Pushing yourself off the ground into the air.
Run:	Moving quickly on your feet, faster than walking.
Course:	A path or a set of activities to follow, like a game or challenge.