



KS1 PE Knowledge Organiser

Year 1 Autumn 2

Locomotion: jumping

What I will learn (sticky knowledge)

- I can **jump** from a standing position.
- I can adjust my **speed** and change direction as I jump.
- I can try **jumping** in a variety of different ways.
- I can jump using my head, arms and feet correctly.

What I should already know

- I can show good control and co-ordination in large and small movements.
- I can move confidently in a range of ways, safely negotiating **space**.

What I will learn next

- I can **jump** from a standing position with accuracy

Key Vocabulary	Definition
Jumping	is a form of moving where we use our body to propel ourselves off a surface and into the air.
Distance	the length of space between two points. This might mean how far an athlete has jumped.
Height	the distance from the bottom to the top of something. This means how high an athlete has jumped.
Space	is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils
hopping	is to continuously jump on one foot at the same time.
skipping	Is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce
Landing	Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to ab-