

# Year 2 Firecrests



## Athletics

### Yoga

#### Athletics – Essential Knowledge

**Running** – Running of the balls of your feet, taking big steps and having elbows bent will help you run faster.

**Jumping** – Swinging your arms forward will help you to jump further.

**Throwing** – Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

#### Athletics

This unit will help you to change direction, balance, move different body parts at the same time, be faster, move for longer and be stronger.

#### Yoga – Essential Knowledge

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

**Flexibility** – Flexibility helps you to stretch your muscles and increase the movement in our joints.

**Strength** – Strength helps you with everyday tasks such as carrying your school bag.

#### Yoga

This unit will help you to balance, move different body parts at the same time, be more flexible and be stronger.

#### Safety

**Yoga** – Don't wear shoes or socks to make sure that you do not slip.

- Stretch slowly and breathe deeply, never force a pose.

**Athletics** – Behave and move in a safe way.

- Wait to take turns when told to.



	Key Vocabulary	Definition
Athletics	<b>aim</b>	To throw something carefully towards a target.
	<b>distance</b>	How something travels horizontally (along).
	<b>height</b>	How far something travels vertically (up).
	<b>jump</b>	To push off the ground using your feet to go into the air.
	<b>landing</b>	To return to the ground after a jump. In athletics is this usually with 2 feet.
	<b>over arm throw</b>	To throw so that the hand travels over the elbow and shoulder.
	<b>sprinting</b>	To run as fast as you can with good technique.
	<b>take off</b>	To leave the ground (jump) this can be with one foot or two.
Yoga	<b>technique</b>	The motions that the bodies goes through to perform an action.
	<b>breath</b>	The air you slowly breathe in and out to help your body feel calm and relaxed.
	<b>calm</b>	Feeling relaxed and quiet in your body and mind.
	<b>flexibility</b>	How easily your body can bend, stretch, and move.
	<b>focus</b>	Concentrating on one thing at a time and not getting distracted.
	<b>perform</b>	To show what you can do when you take part in an activity
	<b>pose</b>	A way of holding your body still in a certain shape
	<b>strength</b>	How much your muscles can do to help you push, pull, lift, or hold your body up.