



Year 2: Athletics – Long jump

Subject Specific Vocabulary		Important Information	Important knowledge
height	Distance from the floor to the top of the fingers when jumping.	 <p>Speed bounce</p>  <p>Vertical jump</p>	<input type="checkbox"/> I know how to perform a kangaroo jump for speed.
jump	Using power to push up off the floor.		<input type="checkbox"/> I know how to perform a vertical jump for height..
balance	Being able to control the movements of your body.		<input type="checkbox"/> I know how to perform a bunny hop for distance.
long jump	Jumping as far forward as you can from 2 feet and landing on 2 feet.		<input type="checkbox"/> I know how to perform a standing long jump.
vertical jump	Jumping as high as you can and touching the wall next to you.		<input type="checkbox"/> I can perform 1-1, 2-1. 2-2. 1a-1b jumps.
speed bounce	Jumping from 2 feet to 2 feet sideways over a cone.		<input type="checkbox"/> I can perform jumps consecutively.
skill	To complete an action well.		<input type="checkbox"/> I know which jump to use to compete against others.
link	Making two skills flow into each other.		
technique	How you complete your skills well.		
coordination	When body parts work together.		