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.		I know how to perform a kangaroo jump for speed.
jump	Using power to push up off the floor.		I know how to perform a vertical jump for height
balance	Being able to control the movements of your body.		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.		
vertical jump	Jumping as high as you can and touching the wall next to you.	Speed bounce	I know how to perform a standing long jump.
speed bounce	Jumping from 2 feet to 2 feet sideways over a cone.		
skill	To complete an action well.	1	I can perform 1-1, 2-1. 2-2. 1a-1b jumps.
link	Making two skills flow into each other.		
technique	How you complete your skills well.	131	I can perform jumps consecutively.
coordination	When body parts work together.	Vertical jump	I know which jump to use to compete against others.