## 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. |
| technique | How you complete your skills well. |  | 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. |  | - I know how to perform a standing long jump. |
| vertical jump | Jumping as high as you can and touching the wall next to you. | Speed bounce | la-1b jumps. |
| speed bounce | Jumping from 2 feet to 2 feet sideways over a cone. |  | consecutively. |
| skill | To complete an action well. |  | compete againstohers. |
| coordination | When body parts work together. |  |  |
| power | To give energy and force |  |  |
| consecutively | Follow one after another | Vertical jump |  |

