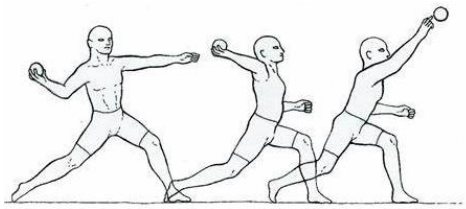
# St Andrew's Church of England Primary School

## LKS2 Knowledge Organiser – Term 3 PE –Multi-skills

| Outcomes |
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| • Sprint over a short distance up to 60 metres. |
| • Run over a longer distance, conserving energy in order to sustain performance. |
| • Use a range of throwing techniques (such as under arm, over arm). |
| • Throw with accuracy to hit a target or cover a distance. |
| • Jump in a number of ways, using a run up where appropriate. |
| • Compete with others and aim to improve personal best performances. |

### Overarm Throw



### Sprint Start



| Key vocabulary |
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| conserve: any behaviour that results in the use of less energy |
| performance: measuring the participation in a particular sporting activity |
| defend: to protect from attack by the opposition |
| dynamic: continuously changing |
| manipulation: controlling something |
| accurate: without making mistakes |

### Underarm Throw




### Jumping Technique

