

Y2 Physical Education



Autumn 1	Dance	Gymnastics - Core Task 1	Swimming
Year 2	<ul style="list-style-type: none"> Perform dances using simple movement patterns. Explore, remember, repeat and link a range of actions with coordination and control. Develop agility, balance and coordination. Watch and describe a performance accurately. Perform a range of actions with control and coordination. Work individually and with others. Compose and perform short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas. Begin to understand the importance of preparing safely and carefully for exercise warming up. Perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings. Describe dance phrases and expressive qualities. Explore, remember, repeat and link a range of actions with an awareness of the expressive qualities of dance. Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness. 	<ul style="list-style-type: none"> To explore jumping and landing, travel and balance using apparatus To lift, carry and place apparatus safely. To explore jumping and landing, travel, roll and balance using apparatus. To improve the quality of their actions when using apparatus. To adapt a sequence using apparatus. To set out apparatus safely. To improve their work using information gained from investigating actions through using apparatus. To improve their work using information gained from investigating actions. To adapt a sequence using apparatus and teach it to a partner. 	<p>Stroke Action</p> <ul style="list-style-type: none"> Can swim over a 10 metre distance with a buoyancy aid on front or back. Begin to use arms and legs together in a 'stroke'. Move effectively across the water unaided (but with a float as required). <p>Breathing</p> <ul style="list-style-type: none"> Can sub merge face confidently in the water and blow out. Begin to explore basic breathing, timing is in alignment with their kicking action and or arm action. <p>Water safety</p> <ul style="list-style-type: none"> Become aware of water safety and explore floating on their front and back. Demonstrate an awareness of water safety and float on their front and on their back. <p>Body alignment</p> <ul style="list-style-type: none"> Streamlined shape beginning to be more consistent across front and back stroke actions. Leg action starting to resemble correct stroke technique

Autumn 2	Physical Literacy	Gymnastics - 2	Swimming
Year 2	<ul style="list-style-type: none"> • To develop fundamental movement skills. • To explore a variety of throwing and catching techniques. • To begin to improve coordination. • To develop catching skills. • To develop and improve fundamental movement skills. • To apply these skills during a game. • To begin to apply throwing and catching skills into a game. • To begin to develop the 'overarm' throw technique. • Children understand the changes in body after exercise. • To develop Agility. • To work and cooperate as part of a team. 	<ul style="list-style-type: none"> • Perform a range of actions with control and coordination. • Combine ways of travelling, balancing and stillness using both the floor and apparatus. • Develop fundamental movement skills, becoming increasingly confident and competent. • Show control when moving. • Form simple sequences of different actions, using the floor and a variety of apparatus. • Develop agility, balance and coordination. • Perform a range of actions with control and coordination. • Remember and repeat a range of gymnastics actions with control and precision. • Combine ways of travelling, balancing and stillness using both the floor and apparatus. 	<ul style="list-style-type: none"> • As above

Spring 1	Games - Core task 1	Multiskills
Year 2	<ul style="list-style-type: none"> • To develop the skill of catching a ball at different levels. • To improve throwing and catching skills with a ball. • To use information to improve their throwing and catching skills. • To improve throwing and catching skills in a game situation. • To choose and use simple tactics. • To choose and vary tactics when playing throwing and catching games. 	<ul style="list-style-type: none"> • Introduce the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed). • Develop the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed). • To develop and practice the fundamental agility and balance skills, through the use of floor spots, balance cushions and agility ladders. • To develop and practice a range of locomotion skills. • Practice and link basic movement techniques with spatial awareness and vision. • Develop hand-eye co-ordination, throwing and catching. • Develop hand-eye co-ordination, footwork and reaction times. • To develop passing and catching skills, movement into space and teamwork.

Spring 2	Games - Core task 2	Games - Hockey
Year 2	<ul style="list-style-type: none"> • To explore ways of striking objects • To recognise what their bodies feel like during physical activity • To improve their co-ordination in throwing and hitting skills. • To choose and vary simple tactics. • To improve the way they control a range of equipment. 	<ul style="list-style-type: none"> • Show good awareness of others when playing games. • Understand and follow the rules of games. • Develop fundamental movement skills, becoming increasingly confident and competent. • Develop agility, balance, and coordination. • Perform a range of actions with control of the ball. • Recognise what is successful. • Dribble a ball with control, changing speed and direction. • Show control when moving. • Pass a ball with control. • Send/Pass a ball with increasing accuracy and consistency. • Show good awareness of others when playing games. • Choose and use simple tactics to suit different situations. • Watch and describe a performance accurately.

Summer 1	Games - Cricket	Games - Rounders
Year 2	<ul style="list-style-type: none"> • To developing hitting skills with a variety of bats • Practice feeding/bowling skills • Hit and run to score points in games • Work on a variety of ways to score runs in the different hit, catch, run games • Work in teams to field • Begin to play the role of wicket keeper or backstop 	<ul style="list-style-type: none"> • Show good awareness of others when playing games. • React to situations in ways that make it difficult for opponents. • Perform a range of catching and gathering skills with control. • Perform a range of actions with control of the ball. • Begin to understand the importance of preparing safely and carefully for exercise - warming up. • Catch with increasing control and accuracy. • Perform a range of catching and gathering skills with control. • Hit a ball with increasing control and accuracy. • Apply skills and tactics in small sided games. • Participate in team games. • Apply skills and tactics in small sided games. • Choose and use simple tactics to suit different situations. • Choose the correct skills to meet a challenge. • Recognise what is successful.

Summer 2	Orienteering	Athletics	Swimming
Year 2	<ul style="list-style-type: none"> • Work cooperatively as part of a team. • Begin to plan how to solve problems. • Cooperate with other children. • Work well in big groups, sharing and taking turns. • Begin to problem solve with others. • Work cooperatively and successfully as part of a team. • Begin to understand the competitive side of orienteering. • Begin to understand direction points. • Understand what a compass is and what it is for. • Introduction to map reading. • Participate in games following rules and playing fairly. • Develop knowledge of safety rules and procedures for taking part in orienteering events. • Takes part in a picture orienteering event with success. • Meets challenges effectively working as part of a team. • Use features on the map to select and plan a route to a control. 	<ul style="list-style-type: none"> • Begin to apply basic movements in a range of activities. • Explore different running, jumping, and throwing technique. • Develop coordination and balance in a range of activities. • Explore and practise a variety of movements. • Show understanding of correct running technique. • Show control, coordination and consistency when running. • Develop jumping technique. • Show control, coordination and consistency when jumping. • Begin to evaluate own performance. • Develop correct Underarm Throw technique. • Develop correct Pull Throw technique. • Evaluate and improve performance. • Understand the difference between sprinting and running over longer distances. • Develop the distance running technique. • Work well as part of a team. 	<p>Stroke Action</p> <ul style="list-style-type: none"> • Can swim over a 10 metre distance with a buoyancy aid on front or back. • Begin to use arms and legs together in a 'stroke'. • Move effectively across the water unaided (but with a float as required). <p>Breathing</p> <ul style="list-style-type: none"> • Can sub merge face confidently in the water and blow out. • Begin to explore basic breathing, timing is in alignment with their kicking action and or arm action. <p>Water safety</p> <ul style="list-style-type: none"> • Become aware of water safety and explore floating on their front and back. • Demonstrate an awareness of water safety and float on their front and on their back. <p>Body alignment</p> <ul style="list-style-type: none"> • Streamlined shape beginning to be more consistent across front and back stroke actions. • Leg action starting to resemble correct stroke technique