



## PE Year 2 Overview

Autumn	Spring	Summer
<b>KS1 National Curriculum</b>		
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>		
Year 2 Key Learning	Year 2 Key Learning	Year 2 Key Learning
<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>To use good technique to increase the distance of a jump</li> <li>To increase speed when moving in different directions</li> <li>To throw accurately at a target with different dynamics; high/ low, near/far, moving/ stationary</li> </ul> <p><b><u>Gymnastic</u></b></p> <ul style="list-style-type: none"> <li>To manage body weight supported by hands using front and back support</li> <li>To perform a broad jump and rebound jumps as part of a sequence with good balance when landing</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>To understand what unison is and how it can improve a performance</li> <li>To perform</li> <li>To identify and use changes in speed to portray a message</li> <li>To demonstrate, understand and give an example of resilience</li> </ul> <p><b><u>Fundamental skills</u></b></p> <ul style="list-style-type: none"> <li>Throw a small/large ball to a partner.</li> <li>Dribble a ball using one or two hands.</li> <li>Use feet to dribble a ball with changes in speed and direction.</li> <li>Use a racket to manoeuvre a ball along the floor.</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>To use a racket to strike a ball to a partner in a rally</li> <li>To kick a ball to a moving partner after dribbling with changes in speed and direction</li> <li>To dribble a ball using 1 or 2 hands</li> </ul> <p><b><u>Health and Fitness</u></b></p> <ul style="list-style-type: none"> <li>Change speed to avoid collisions and change direction to find more space.</li> <li>To explain why movement is important in staying healthy.</li> <li>To know why we warm up, and what muscles you are using whilst warming up and the during the lesson</li> </ul>

<ul style="list-style-type: none"> <li>• To show flexibility through left, right and box splits as well as shoulders</li> <li>• To vary the range of body parts used to balance in moves such as tucked dish, arch</li> <li>• To perform rocking actions and rotations including 3/4 forward roll, teddy bear roll</li> </ul>		
<p>Athletics – agility, underarm, overarm, control, heartbeat and performance</p> <p>Gymnastics – straddle, star, pike, tuck, straight, tense, tension, strength and control</p>	<p>Dance – character, feeling, levels, speed, canon and unison</p> <p>Fundamental skills – underarm, control, accurate, balance, dribble, speed and direction</p>	<p>Games – underarm, control, accurate, direction, dribble, speed, rally and strike</p>