

PE - Year 2 Gymnastics

Gymnastics



What should I already know?

I can move safely in a space, changing direction, level and speed.

I can copy and create link movements.

I can perform movements using a range of body actions and body parts.

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Overview

Practise	keep still when balancing
	stretch when holding a shape
	Show control when moving
	travel on different body parts
	perform controlled landing and taking off
Application	develop short sequences with clear beginning, middle and end.
	use different body shapes, pathways, speeds, levels and directions.
Evaluation	focus when watching others perform.
	explain what others have performed well.
	explain how the sequence could be made easier or harder.
	Take advice from teachers or partner to improve a performance.
Health and fitness	say when activities changes your heart rate, breathing and temperature.
	move on apparatus safely.

Key vocabulary

body shape	creating stretches to hold a shape with your body parts.
control	staying still without movement or distraction
balance	keeping still and holding control in a position
travel	movement from one place to another
performance	An act of presenting

Personal development

Teamwork	Work well with others
Respect	Feeling of admiration for someone else
Fair play	Show respect for the rules and equal treatment of others

Core task:

To create and perform a simple sequence, on the floor and using mats considering:

1. balance, roll, jump, body shape.
2. clear starting and ending positions
3. moving smoothly between shapes
4. moving smoothly between actions

Connecting concepts

Personal development	Continue to develop stamina and technique on front and back stroke. Begin to develop breast stroke leg kick.
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PE - Year 2 Dance

What should I already know?

- I can perform basic body actions and respond to stimuli and musical accompaniment.
- I can perform short dance phases and begin to explore dynamic and expressive qualities.
- I am beginning to work with a partner and show some understanding of why we need to warm up.

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Overview	
Acquiring and developing skills	To explore, remember, repeat and link a range of actions.
	Use co-ordination and control
	Have an awareness of the expressive qualities of the dance
Selecting and applying compositional ideas.	To compose and perform dance phrases and short dances that express and communicate mood, ideas and feelings
	Choose and vary simple compositional ideas.
Evaluating and improving performance	To watch and describe dance phrases and dances
	Use what they have learnt to improve their own work.
Fitness and health	Recognise and describe how different dance activities make them feel

Key vocabulary	
Mood	A feeling
Expression	Showing that something can be expressed
Phrase	A small part of a musical piece
Perform	To act out
Rhythm	The pattern of a beat
Dynamic	A vigorous action

Personal development	
Respect	Listen to others advice about improvements
Working with a partner	Work with a partner in unison
Changes	Explain how the body changes during exercise

Connecting concepts	
Movement	Respond to the music and move base on the patterns and style of music—use the music to reflect a mood or story.



Core task:

Create and perform short dances, using rhythm and expressive and dynamic qualities.

- Include music that has a change of mood
- Include changes in direction
- Include music that has a change of speed
- Use the music to tell a familiar story or event

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PE - Year 2 Games

Fundamental skills



What should I already know?

I can use a variety of games equipment and investigate the different between various balls.

I can use space and avoid others

I can use basic actions such as rolling, bouncing, throwing, gathering, catching, striking, and kicking

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Overview

Practise	To improve the way they co-ordinate and control their bodies and a range of equipment
	To remember, repeat and link combination skills.
Application	Choose and use a variety of tactics
Evaluation	Recognise good quality in performance
	Use information to improve their work.
Health and fitness	Recognise and describe what their bodies feel like during different types and exercise.

Key vocabulary

Tactics	A way to gain an advantage
Sending	To move an object
Receive	To control an object travelling towards you
combination	Linking things together
Rules	A set of agreed actions

Personal development

Coordination	Controlling and balancing multiple movements
Changes	Understand how our bodies change during exercise.
Individual Challenge	Trying to better yourself to achieve a personal best.

Connecting concepts

Teamwork	Play as part of a team during a game or activity, supporting teammates to achieve the aim of the game.
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Core skills which are essential for all 'games' that you will take part in:

1. Follow the rules of a games and compete fairly.
2. Use a range of fundamental skills when participating to effect a game in a positive way.
3. Play the role of attacker and defender in games controlled by conditions e.g. 2 v 1, 3 v 1 so that the focus in on either attack or defence.

PE - Year 2 Swimming

What should I already know?

Move through the water for 2 metres on the front while blowing bubbles, return to an upright/standing position

Use front paddle action to move a ball across the pool

Push and glide on the back

Roll from front to back, looking at the ceiling





Water Safety & Water Confidence



Overview

Practise	Breast stroke leg kick with float
	Star float
Application	Paddle for 5 metres on front and back.
Evaluation	Recognise that some movements can allow faster movements
Health and fitness	Know how to enter and exit the pool safely

Key vocabulary

Front Crawl	
Back stroke	
Breast Stroke	
Star float	
Entry	

Key outcomes:

1. Answer 2 water safety questions
2. Enter the pool safely, steps, ramp, swivel
3. Move through the water confidently in different ways – walk, hop, jump, skip, gallop, march
4. Use a woggle to swim front paddle and back paddle for 5 metres
5. Push and glide on the front and back
6. Attempt a simultaneous circle action with legs while on the back for 2 metres, using a woggle or floats
7. Travel under a woggle waterfall, experiencing water over the head
9. Return to standing from a star float on the back
10. Perform a treading water action with legs using a woggle (sea horses), or floats
11. Exit the pool safely and unassisted

Connecting concepts

Personal development



Continue to develop stamina and technique on front and back stroke. Begin to develop breast stroke leg kick.

PE - Year 2 Adventure

Clip and Climb

What should I already know?

Know that our bodies change during exercise

Know that warm ups are important at the beginning of exercise

Adventure

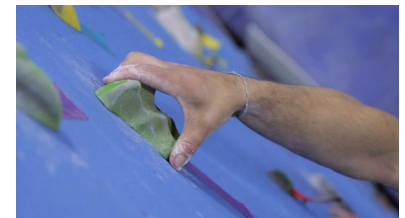


Overview

Practise	Use over and under grip holds
	Use long leg extensions
Application	Stretch for holds above head height
Evaluation	Listen to partners advice about suggested routes and holds
Health and fitness	Carefully follow safety instructions

Key vocabulary

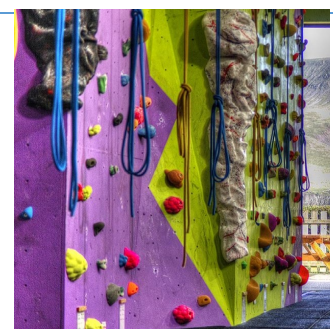
Climbing hold



Harness



Indoor climbing wall



Belay



Photo

Connecting concepts

Personal development



Challenge yourself in a new experience and each week attempt a new climb or to climb a little higher.