

Year 2 - Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymnastics	Fitness	Gymnastics	Dance	Team Building	Dance
<ul style="list-style-type: none"> Perform gymnastic shapes and link them together Performance gymnastics shapes with control and link them together Use shapes to create balances Link travelling actions and balances using apparatus Develop travelling actions and balances using apparatus 	<ul style="list-style-type: none"> Learn how to run for a long time Develop jumping in a long rope using timing Develop co-ordination in individual skipping Develop stamina and change of direction Explore exercises to develop strength Develop agility, balance and co-ordination 	<ul style="list-style-type: none"> Demonstrate different shapes, taking off and landing when performing jumps Develop rolling and sequence building Refine rolling and sequence building Create a sequence using apparatus 	<p><i>See dance website page.</i></p>	<ul style="list-style-type: none"> Follow instructions and work with others Co-operate and communicate in a small group to solve challenges Create a plan with a group to solve the challenges Communicate effectively and develop trust Use teamwork skills to work as a group to solve problems Work with a group to copy and create a basic map 	<p><i>See dance website page.</i></p>
Fundamentals	Net and Wall Games	Sending and Receiving	Striking and Fielding Games	Athletics	Invasion Games
<ul style="list-style-type: none"> Explore how the body moves when running at difference speeds Develop changing direction and dodging Develop balance, stability and landing safely Explore and develop jumping, hopping and skipping actions Develop co-ordination and combining jumps Develop combination jumping and skipping with an individual rope 	<ul style="list-style-type: none"> Use the ready position to defend space on court Develop returning a ball with hands Play against a partner Develop racket skills and use them to return a ball Develop returning a ball using a racket To play against an opponent using a racket 	<ul style="list-style-type: none"> Roll a ball towards a target Track and receive a rolling ball Send and receive a ball with your feet Develop catching skills Develop throwing and catching skills Send and receive a ball using a racket 	<ul style="list-style-type: none"> Track a rolling ball and collect it Develop underarm throwing and catching to a field ball Develop overarm throwing to limit a batter's score Develop hitting for distance to score more points Be able to get a batter out Understand the rules of the game and use these to play fairly 	<ul style="list-style-type: none"> Develop the sprinting action Develop jumping for distance Develop jumping for height Develop throwing for distance Develop throwing for accuracy Select and apply knowledge and technique in an athletics carousel 	<ul style="list-style-type: none"> Understand what is being in possession means and support a teammate to do this Understand hat scoring goals is an attacking skill and to explore ways to do this Understand that stopping goals is a defending skill and explore ways to do this Explore how to gain possession Mark an opponent and understand that this is a defending skill Apply simple tactics for attacking and defending