



Class: Year 2	Topic Title: Physical Education	Key Vocabulary / Skills
<p>NC Objectives: The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ▪ develop competence and confidence to excel in a broad range of physical activities ▪ are physically active for sustained periods of time ▪ engage in competitive sports and activities ▪ aim to lead healthy, active lifestyles with an understanding of the importance of physical activity, PE and school sport. <p><u>KEY STAGE 1</u> Pupils should aim to 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. Pupils should be taught to:</p> <ul style="list-style-type: none"> ▪ 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 ▪ perform dances using simple movement patterns. 	<p><u>Fundamental Movement Skills</u></p> <p><u>Fundamental Movement Skills -A</u> To develop locomotor Skills – These involve transporting your body from A – B. This includes running, jumping, skipping, hopping and side stepping.</p> <p>To develop body Management Skills – This includes balancing actions.</p> <p><u>Fundamental Movement Skills- B</u> To develop manipulative Skills –this involves imparting force with or on an external object. These skills include kicking, striking, rolling, underarm throwing, overarm throwing and catching.</p> <p><u>Develop Fundamental skills through:</u></p> <p><u>ATHLETICS</u> Run, throw, Jump To develop skill of underarm/overarm throw Develop skill of jumping for distance Develop posture when running Complete jumping challenges To apply changing direction in relay type races</p> <p><u>GAMES</u> <u>Apply basic Fundamental skills in simple co-operative games</u></p> <p><u>GAMES-INVASION / TARGET</u> Throw and catch development with different equipment. Choosing the right pass Outwitting opponents Basic attacking skills Using simple tactics in games</p> <p><u>STRIKING & FIELDING</u> Develop the skill of striking a ball with accuracy Develop the skill of fielding a ball Apply striking skill in a simple game Develop simple tactics Perform striking, throwing and fielding in a simple game Use some simple tactics in a game</p>	<p>Perform fundamental movement skills at a developing level and start to master some basic movements. Running, hopping, tolling, underarm throw, overarm throw, push throw, jumping for distance</p> <p>Perform Fundamental movement skills at a developing level and start to master some basic moves in: Travelling, Sending and Receiving. Run, Jog, Jump, Dodge, Skip, Rolling, Throwing- underarm & overarm- develop accuracy and control throwing varying power speed & direction, Catching, Hitting/ striking Apply basic fundamental skills in simple co-operative games Make decisions how to use space, avoid opponents, keep the ball and score points Develop understanding of simple concepts of attack</p>



DANCE

Create ideas adding expressions and develop ways to improve our work
 Create effective travelling pathways individually and in a group
 Perform a whole class performance
 Understand unison and canon
 Improve timings
 Work to music

GYMNASTICS

Improve their travelling, jumping and rolling.
 Develop simple balancing skills individually and with a partner
 Remember and repeat simple sequences and perform them on the floor and apparatus
 Set up apparatus safely

KS1 OAA

Leadership skills
 Problem solving as an individual and as part of a team
 Basic map reading and orienteering

Perform fundamental movement skills at a developing level and start to master some basic movements
 Perform body actions with control and coordination
 Travel, Turn, jump, Gesture, Stillness
 Copy simple movement patterns
 Use actions to explore mood, ideas, feelings
 Vary speed, strength, energy, tension of their movements

Shapes-wide, thin
 Travelling-, hands & feet, jog, skip, hop, gallop, forwards, backwards
 Balancing-front support, large body parts; tummy, back, bottom, shoulders.
 Jumping & Landing
 Rolling- rocking, pencil, egg roll, dish roll, teddy/circle roll, forward roll.
 Apparatus

Explore the outdoors
 Follow simple trails
 Simple team building exercises

Possible Community Links

WLSP & WTF- Events & SEND Festivals

Previous Learning Experiences:

Foundation Stage & Y1 WLSP involvement