

## Year 2 PE Coverage

<p><i>'As aspiring athletes, we are physically active so we can lead healthy lives and develop skills in a variety of activities. We compete fairly, both individually and with teams. We aim to win but we can accept defeat graciously.'</i></p>			
Year 2	Autumn Term Dance (Autumn 1 - Machines) Gymnastics (Autumn 2) Games (+ TT Autumn 2)	Spring Term Gymnastics (Spring 1) Team games (+ TT Spring 2) Games	Summer Term Dance (Summer 1 - At the Seaside) Athletics Team games
National Curriculum	<ul style="list-style-type: none"> <li>perform dances using simple movement patterns.</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>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</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>perform dances using simple movement patterns.</li> <li>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</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>
Subject Focus	<p><b>In Dance in Year 2, children will:</b></p> <p>Know how the body feels after dance activities (breathing, heart rate, body temperature)</p> <p>Stimuli - Understand how a stimulus helps to create movement, learn how using different parts of the body change a movement or help</p>	<p><b>In Gymnastics in Year 2, children will:</b></p> <p>Shape and roll - use the 5 main body shapes showing control, travel to find a space, execute basic rolls introducing entrance and exits, creating duets by decision making.</p> <p>Spacing and Travelling - explore different methods of travelling creatively into a space,</p>	<p><b>In Athletics in Year 2, children will:</b></p> <p>Sprinting - sprint over short distances as fast as possible, using good technique, understand that sprinting isn't just about using legs.</p>

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	<p>create more material responding to a stimulus, link movements with control and accuracy.</p> <p>Choreography - copy and explore body actions and methods of travel to create patterns/pathways across the space, link actions to make a short dance phrase showing control, coordination and spatial awareness, create a dance phrase showcasing action, gesture and travel clearly.</p> <p>Dynamics - use varying size of movement, strength, size, levels, speed and direction with control, use dynamics and space, link and repeat movements, show different moods and feelings through movement and respond to different pieces of music, understand the relationship between movement and dance.</p>	<p>learning control, how to stop/start changing speed and levels creatively travelling around the space, use travel as a transition within sequences.</p> <p>Balance - push and pull balances, link shape and balances into a short sequence.</p> <p>Safe Dismount Jumping and landing - explore safe technique in jumping and landing on floor and small apparatus.</p> <p>Composition and evaluation - transfer actions, body shapes and balances onto large apparatus compose a small creative sequence which has a clear beginning middle and end, showing an attempt to have fluid transitions through each action, consolidate and improve quality of movements, creating solos, with refined solos, transfer the movement from floor to apparatus.</p> <p>Understanding of fitness and health - understand the elements of an appropriate warm up and cool down and why it is important to do so.</p>	<p>Long distance - run for a longer distance without stopping</p> <p>Relays - race in a team relay over different distances.</p> <p>Jumping - jump with good technique in different directions</p> <p>Throwing - aim in the correct direction and height to maximise throwing distance</p> <p>Competition - perform skills in several, running, throwing and jumping events</p>
	<p><b>In Games in Year 2, children will:</b></p> <p>Running movement mechanics - move with some control, have some awareness of space,</p>	<p><b>In Games in Year 2, children will:</b></p> <p>Running movement mechanics - move with control, have an awareness of space,</p>	<p><b>In Team Games in Year 2, children will:</b></p>

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	<p>know how to improve their running technique, move with some speed and control.</p> <p>Jumping and travelling - jump over various distances, understand why we use different parts of our body to jump, jump over hurdles, be able to use combinations.</p> <p>Agility and balance - perform with some speed and control, begin to explain how they can improve their performance, know how speed and random agility relate to different activities, balance various equipment on their body, move while balancing.</p> <p>Ball skills - move in line with a ball when stopping it, hold a bat, racket or stick correctly, begin to control a ball by dribbling or passing, keep a ball close to the body, pass and receive the ball, bat or strike a ball, understand some basic rules.</p>	<p>understand how to improve their running technique, move with speed and control.</p> <p>Jumping and travelling - jump confidently over various distances, understand why we use different parts of our body for elevation, jump consistently over ladders and hurdles, be confident to use combinations.</p> <p>Agility and balance - perform with speed and control, explain how they can improve their performance, understand how speed and random agility relate to different activities, balance various equipment on their body successfully, move steadily while balancing.</p> <p>Ball skills - strike a moving ball, move in line with the ball when stopping it, use a confident technique to hold a bat, racket or stick, keep control of a ball, either by dribbling or passing, keep a ball close to the body, pass and receive a ball with control, bowl, bat and field a ball, strike a ball in tennis, understand rules.</p>	<p>Space - Understand and effectively find and create new spaces, be able to recognise how spaces change and how to exploit that space.</p> <p>Throwing and catching - understand simple throwing and catching techniques, demonstrate underarm throwing techniques, be able to gather and collect a rolling ball.</p> <p>Games - play basic dodgeball games focusing on throwing techniques.</p> <p>Competition - understand how their performance can help their team, successfully play a small game rolling and stopping the ball, understand basic rules and techniques of a game situation</p>
Top Ten / Fab Five	<p><b>Dance</b></p> <ol style="list-style-type: none"> <li>1. I can explain how my body feels after dance.</li> <li>2. I know how different stimuli helps to create movement.</li> </ol>	<p><b>Gymnastics</b></p> <ol style="list-style-type: none"> <li>1. I show control when using the 5 main body shapes.</li> <li>2. I can introduce an entrance and exit to my roll.</li> </ol>	<p><b>Athletics/ Team Games</b></p> <ol style="list-style-type: none"> <li>1. I can sprint as fast as possible over a short distance.</li> <li>2. I sprint with good technique.</li> <li>3. I can run over a long distance without stopping.</li> </ol>

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	<ol style="list-style-type: none"> <li>I can use different body parts to change a movement.</li> <li>I can link movements with control and accuracy.</li> <li>I can use body actions and travel to create patterns and pathways.</li> <li>I can create a dance phrase showing control, co-ordination and spatial awareness.</li> <li>I can showcase action, gesture and travel clearly.</li> <li>I can link and repeat movements using different dynamics.</li> <li>I show different moods and feelings through movement and dance.</li> <li>I understand the relationship between movement and dance.</li> </ol>	<ol style="list-style-type: none"> <li>I can work with a partner to create a duet.</li> <li>I can travel creatively as a transition into a space.</li> <li>I can change speeds and levels creatively.</li> <li>I can perform push and pull balances.</li> <li>I can transfer actions, shapes and balances onto large apparatus safely.</li> <li>I can compose a small creative sequence with fluid transitions.</li> <li>I can improve and refine my movements.</li> <li>I understand the elements of an appropriate warm up and cool down.</li> </ol>	<ol style="list-style-type: none"> <li>I can race in a relay team over different distances.</li> <li>I can jump in different directions with good technique.</li> <li>I aim in the correct direction and height when throwing.</li> <li>I can compete against others in different events.</li> <li>I can find, create and exploit spaces.</li> <li>I understand simple throwing and catching techniques.</li> <li>I play basic games focusing on technique.</li> </ol>
Unit specific Vocabulary	<p><b>Dance</b> (Year 1 - Stimulus, stimuli, link, control, choreography, copy, explore, dance phrase (action, gesture, travel, beginning, middle, end), dynamics (movement, levels, speed, direction, moods, feelings, respond).</p> <p><b>Year 2 - breathing, heart rate, body temperature, accuracy, patterns, pathways, co-ordination, spatial awareness, repeat, relationship</b></p> <p><b>Games</b> (Year 1 - Speed, space, jump, bend, balance, move, close, control.</p>	<p><b>Gymnastics</b> (Year 1 - Space, travel, speed, level, shape (straight, star, tuck, pike, straddle), roll, balance, body parts, link, jump, land, control, apparatus, sequence (beginning, middle, end), solo, perform, warm up, cool down, health, fitness).</p> <p><b>Year 2 - entrance, exit, duet, creative, fluid, transition, push and pull balances, dismount, compose, refined, solo.</b></p> <p><b>Games</b> As previous Year 1 and Year 2 plus</p>	<p><b>Athletics</b> (Year 1 - Sprint, distance, speed, relays, lane, jump, bend, swing, throw, under, over, compete, perform, events).</p> <p><b>Year 2 - technique, direction, height, maximise.</b></p> <p><b>Team Games</b> (Year 1 - Skip, collide, space, team).</p>

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	<p>Technique, swing, improve, bat, racket, dribble.</p> <p><b>Year 2- agility, pass, receive, strike, rules, equipment.</b></p>	<p><b>Year 2 - elevation, ladders, hurdles, combinations.</b></p>	<p><b>Year 2 - find, create, exploit, underarm, gather, collect.</b></p>
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