

Year 2 One Goal – PE Overview

Autumn Term 1

Fundamentals - Physical Literacy

Spatial Awareness

Move safely and confidently during all games and activities

Change direction quickly

Identify and move into space

Dodge and negotiate obstacles successfully

Travelling Movements

Move confidently using different methods including; running, jumping, skipping and hopping

Travel at different speeds and in different directions

Travel using different levels

Link travelling movements together.

Balancing

Techniques to hold balances

Individual and partner balances

To confidently use different body parts to balance

Hand eye coordination

Basic techniques for rolling and gathering a ball

Basic techniques for throwing and catching a ball/beanbag

To throw and catch with a partner

To begin to move whilst throwing and catching

Autumn Term 2

Fundamentals - Physical Literacy

Spatial Awareness

Move safely and confidently during all games and activities

Change direction quickly

Identify and move into space

Dodge and negotiate obstacles successfully

Travelling Movements

Move confidently using different methods including; running, jumping, skipping and hopping

Travel at different speeds and in different directions

Travel using different levels

Link travelling movements together.

Balancing

Techniques to hold balances

Year 2 One Goal – PE Overview

Individual and partner balances

To confidently use different body parts to balance

Hand eye coordination

Basic techniques for rolling and gathering a ball

Basic techniques for throwing and catching a ball/beanbag

To throw and catch with a partner

To begin to move whilst throwing and catching

Spring Term 1

Gymnastics

Shapes

Basic gymnastics shapes including; straight, tuck, dish, arch, pike, star, straddle, letters

How to maintain shape position

Balances

Basic point and patch balances

To hold basic balances individual and with a partner

To hold balances for a sustained period of time

Travelling

Different ways of moving including; animal movements, basic leaping, bunny hops

Link travelling movements together

Flight

Jump and land safely from floor level incorporating shapes

Jump and land safely from a small height incorporating shapes e.g. bench

Rolls

Perform rocking techniques

Safely perform rolls including; pencil, teddy bear, forward, backwards

Link rocking and rolls together

Partner work

Mirror, matching and contrasting movements with a partner

Linking sequences together using mirror, matching and contrasting

Sequences

Pupils should be taught to

Link basic skills together to create a short sequence individually and with a partner

Spring Term 2

Fundamentals - Physical Literacy

Year 2 One Goal – PE Overview

Spatial Awareness

Move safely and confidently during all games and activities

Change direction quickly

Identify and move into space

Dodge and negotiate obstacles successfully

Travelling Movements

Move confidently using different methods including; running, jumping, skipping and hopping

Travel at different speeds and in different directions

Travel using different levels

Link travelling movements together.

Balancing

Techniques to hold balances

Individual and partner balances

To confidently use different body parts to balance

Hand eye coordination

Basic techniques for rolling and gathering a ball

Basic techniques for throwing and catching a ball/beanbag

To throw and catch with a partner

To begin to move whilst throwing and catching

Summer Term 1

Fundamentals - Physical Literacy

Spatial Awareness

Move safely and confidently during all games and activities

Change direction quickly

Identify and move into space

Dodge and negotiate obstacles successfully

Travelling Movements

Move confidently using different methods including; running, jumping, skipping and hopping

Travel at different speeds and in different directions

Travel using different levels

Link travelling movements together.

Balancing

Techniques to hold balances

Individual and partner balances

Year 2 One Goal – PE Overview

To confidently use different body parts to balance

Hand eye coordination

Basic techniques for rolling and gathering a ball

Basic techniques for throwing and catching a ball/beanbag

To throw and catch with a partner

To begin to move whilst throwing and catching

Summer Term 2

Fundamental Games