



Physical Education – Year 2

Year 2 PE days are: Indoor - Friday Outdoor – Thursday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes.

	Indoor	Outdoor
Autumn 1	<p><u>Gymnastics</u> Pupils will be taught to travel in a variety of ways, moving carefully and safely around a space and linking actions to make a sequence. Pupils will continue to develop strength through performing balances, shapes, rolls and jumps.</p> <p>Key Vocabulary Sequence, coordination, control, flexibility, roll</p>	<p><u>Ball Skills – Striking and Fielding</u> Pupils will master basic movements, learning a simple overarm throwing technique, as well as developing hand-eye coordination in holding and using a bat to hit a ball.</p> <p>Key Vocabulary: Target, underarm, overarm, hold, catch, collect, stand, space, instructions, fielder, batter, bowler</p>
Autumn 2	<p><u>Yoga</u> Pupils will build on learning from Year 1, to continue to build strength and know a variety of yoga poses. They will understand the benefits of yoga on wellbeing, as it helps with feeling calm and relaxed, which is good for mind and body. Pupils will continue to learn breathing exercises.</p> <p>Key Vocabulary coordination, control, flexibility</p>	<p><u>Football</u> Pupils will participate in team games, developing simple tactics for attacking and defending, and understanding the role of attackers and defenders in games. Pupils will learn to dribble, send and receive a ball with increasing accuracy. They will learn to find space and to move towards a goal with a ball.</p> <p>Key Vocabulary Control, send, receive, goal, travel, teammate, target</p>
Spring 1	<p><u>Dance</u> Pupils will perform dances using simple movement patterns, developing an understanding of rhythm. Pupils will learn that a dance phrase is a sequence of moves and will learn to copy, remember and repeat dance phrases.</p> <p>Key Vocabulary dance phrases, timing, time, unison, mirroring, perform, coordination, counts, pathway, flexibility, balance, spacial awareness, pace, mood</p>	<p><u>Ball Skills – Invasion</u> Pupils will continue to master basic movements and techniques to control a ball, with increasing accuracy, both with hands and feet. Pupils will apply their increasingly accurate skills to a range of games and activities.</p> <p>Key Vocabulary Control, send, receive, goal, travel, teammate, target</p>
Spring 2	<p><u>Ball Skills – Goalball</u> Pupils will continue to develop their ball skills, sending and receiving a ball with increasing accuracy, whilst experiencing the Paralympic sport of goalball. Pupils will understand that Goalball is a sport for athletes with a visual impairment. Pupils will participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Ball Skills – Throwing and Catching</u> Pupils will continue to develop basic movements to send and receive a ball accurately through throwing and catching. They will develop hand-eye coordination through throwing and catching, in different ways, with an emphasis on the technique for overarm throwing for distance.</p> <p>Key Vocabulary:</p>

	<p>Key Vocabulary control, send, receive, goal, travel, teammate, target</p>	<p>Send, throw, high, low, receive, return, collect, overarm, target, catch, stand, space, distance, accurate</p>
Summer 1	<p><u>Gymnastics</u> Pupils will be taught to travel in a variety of ways, moving carefully and safely around a space and linking actions to make a sequence. Pupils will continue to develop strength through performing balances, shapes, rolls and jumps.</p> <p>Key Vocabulary Sequence, coordination, control, flexibility, roll</p>	<p><u>Orienteering/Skipping (Ready for Festival)</u> Pupils will begin to use, draw and follow simple maps to retrieve items. They will begin to instruct and direct each other and will start to work cooperatively with a team.</p> <p>Key Vocabulary Create, map, diagram, successful, challenges, direction, communicate</p>
Summer 2	<p><u>Dance</u> Pupils will perform dances using simple movement patterns, developing an understanding of rhythm. Pupils will learn that a dance phrase is a sequence of moves and will learn to copy, remember and repeat dance phrases.</p> <p>Key Vocabulary dance phrases, timing, time, unison, mirroring, perform, coordination, counts, pathway, flexibility, balance, spacial awareness, pace, mood</p>	<p><u>Athletics</u> Pupils will develop their jumping techniques by learning to jump for height and distance. They will start to jump and land with control. Pupils will further develop their throwing techniques and will begin to consider how to throw a ball in different ways.</p> <p>Key Vocabulary Send, receive, distance, accurate, target, hit, overarm, speed, land, control</p>