

Year 2's Physical Education Journey

*Real PE—Unit 6 Health and Fitness Skills—*Children will understand why exercise is important for good health. They will start to describe how their body feels and changes during and after exercise. The importance of warm-ups and cool-downs will be considered.

<u>Creative:</u>	<u>Social</u>	<u>Health and Fitness</u>
	Cooperate well with others and give helpful feedback	Describe the basic fitness components
	Help organise roles and responsibilities	Record and monitor how hard they are working

*Real PE—Unit 2—*To develop and apply their jumping and landing skills

Outdoor and Adventurous— Children will participate in simple orientation activities, using basic maps and diagrams. They will be set physical challenges and problems to solve both on their own and in small teams. Children will need to develop good organisation and communication skills and follow clear safety rules and practice.

Athletics— Children will explore running, jumping and throwing activities, experimenting with their technique to improve speed, control and distance. They will participate in challenges and competitions. their coordination of footwork moving laterally leading with different legs while improving their awareness of space

Summer Term

*Circuit training—*To practise a range on different skills through activities such as jumping, throwing, catching, and pivoting.

*Real PE— Unit 4 Creative—*Children will explore and describe different movements, then link these together. They will have the opportunity to make up some of their own rules and evaluate outcomes. As well as, Nativity dance pieces

Dance— Children will practise a variety of short dances to communicate different moods, feelings and ideas. They will develop steps, formations and patterns around the Maypole and be introduced to the origins and culture of dancing around a maypole.. They will learn to dance expressively and in response to music.

Spring Term

*Gymnastics—*Children will use apparatus in sequence work. Practising actions and movements to form sequences with other children. They will improve the quality and finish of these actions. Children will plan and perform sequences of contrasting actions, with the aim of developing flow and varying speed.

*Invasion Games—*Children will improve and apply their skills in games, making choices during play to avoid opponents, keep possession of a ball and score points. Children will develop their skills of observation and describe what is good about the performances of others.

*Gymnastics—*Children will increase their range of gymnastics skills. They will create sequences of actions demonstrating control and precision. They will then transfer what they have practised from floor to apparatus. Children will watch others perform and describe important features of their performance.

TwinkleMoves - Attacking and defending (trial scheme) 23/24
Autumn Term

Balance and agility and large apparatus

*Playground games—*Children will learn to play a range of games collaboratively, using all of the space and markings available on the playground. They will strive to improve upon their individual performance.

*Ball skills—real pe unit 5—*Children will develop their control of larger and smaller balls, sending and receiving them to/from others. They will follow rules to play games and score points.

