LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 2

 *‘Believe and Achieve’*

Acquiring and Developing Skills Evaluating and Improving Health and Fitness Dance Games Gymnastics

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| National Curriculum Subject ContentPupils should 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 (1).Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.(2)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(3)Participate in team games, developing simple tactics for attacking and defending (4) Perform dances using simple movement patterns.(5) |

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| Autumn 1 | **GAMES- RUGBY- SAINTS (1 2 3 4)**Throw, catch and bounce with two hands, one hand or different parts of the body using a variety of equipmentThrow, catch and bounce when stationary, moving and aiming at a targetUnderstand how to make up rules and score pointsUse hands and feet to accurately send and receive various equipmentUnderstand and use simple tacticsUnderstand and demonstrate striking, passing and receiving with a range of equipmentBounce, kick, throw, catch and strike with consistency and accuracyPlay in various group formations e.g. 2v2, 4v4, 3v1 etcIdentify and use simple attacking and defending strategiesCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **GAMES Focus on ball skills and games Unit 1 (1 2 3 4)**Throw, catch and bounce with two hands, once hand or different parts of the body using a variety of equipmentThrow, catch and bounce when stationary, moving and aiming at a targetUnderstand how to make up rules and score pointsCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |
| Autumn 2 | **GAMES TOPS PE- Dribbling, Kicking, Hitting- Unit 3 (1 2 3 4)**Dribble continuously and with control using hands, feet, bat or stick, changing speed and directionUnderstand and demonstrate striking, passing and receiving with a range of equipmentBounce, kick, throw, catch and strike with consistency and accuracyCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **DANCE- NORTHERN STARR (1 3 5)**Explain what their body needs to stay healthy when dancingDance imaginativelyChange rhythm, speed, level and directionDance with control and co-ordinationMake a sequence by linking sections togetherLink some movements to show a mood or feelingPerform short dances, showing an understanding of expressive qualitiesCreate, improve and perform more complex dance phrasesPerform short dances, linking actions fluently and with controlUse dynamic and expressive qualities clearly in their danceUse some simple dance vocabulary to describe and interpret dance.Copy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |
| Spring 1 | **GYMNASTICS-NORTHERN STARR- Shapes/Balance/Rolls/Jump/ Static/travelling on & off apparatus (1 2 3)**Follow rules of gymnastics to stay safe and perform wellPlan and show a sequence of controlled movementsUse contrast in their sequencesThink of more than one way to create a sequence which follows a set of ‘rules’Copy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **GAMES PE- Making Up a Game- Unit 2 (1 2 3 )**Understand how to make up rules and score pointsUse hands and feet to accurately send and receive various equipmentUnderstand and use simple tacticsCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |
| Spring 2 | **GAMES- Group Games and Inventing Rules- Unit 4 (1 2 3 4)**Understand how to make up rules and score pointsUnderstand and use simple tacticsIdentify and use simple attacking and defending strategiesBounce, kick, throw, catch and strike with consistency and accuracyPlay in various group formations e.g. 2v2, 4v4, 3v1 etcCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **GYMNASTICS-NORTHERN STARR- Balance/Rolls/Travel/Flight/spins (1 2 3)**Follow rules of gymnastics to stay safe and perform wellPlan and show a sequence of controlled movementsUse contrast in their sequencesThink of more than one way to create a sequence which follows a set of ‘rules’Copy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |
| Summer 1 | **GAMES Quick Cricket (1 2 3)**Throw, catch and bounce with two hands, one hand or different parts of the body using a variety of equipmentThrow, catch and bounce when stationary, moving and aiming at a targetUnderstand how to make up rules and score pointsUse hands and feet to accurately send and receive various equipmentUnderstand and use simple tacticsUnderstand and demonstrate striking, passing and receiving with a range of equipmentBounce, kick, throw, catch and strike with consistency and accuracyCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **DANCE- NORTHERN STARR (1 3 5)**Explain what their body needs to stay healthy when dancingDance imaginativelyChange rhythm, speed, level and directionDance with control and co-ordinationMake a sequence by linking sections togetherLink some movements to show a mood or feelingPerform short dances, showing an understanding of expressive qualitiesCreate, improve and perform more complex dance phrasesPerform short dances, linking actions fluently and with controlUse dynamic and expressive qualities clearly in their danceUse some simple dance vocabulary to describe and interpret dance.Copy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |
| Summer 2 | **GAMES TOPS PE- Strategy Building (1 2 3)**Understand how to make up rules and score pointsUnderstand and use simple tacticsIdentify and use simple attacking and defending strategiesBounce, kick, throw, catch and strike with consistency and accuracyPlay in various group formations e.g. 2v2, 4v4, 3v1 etcUse hands and feet to accurately send and receive various equipmentThrow, catch and bounce when stationary, moving and aiming at a targetUnderstand and demonstrate striking, passing and receiving with a range of equipmentCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities | **GAMES- Develop running and jumping (1 2 3)**Run at different speeds over a series of obstaclesRun, walk, jog, sprint leap, gallop or jump in different directions and at different speedsRun at different speeds and describe when you might need to walk, run or sprintUse an overarm throw to throw an object as far as possible with control of speed and directionJump as high and as far as possible over an obstacle.Land safely and with controlCopy , repeat, explore and remember actions with control and coordinationExplain how to adapt performance e.g. to improve, make harderTalk about what is different between what they did and what someone else did Say how they could improve their health Show how to exercise safely Describe how their body feels during different activities |