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 Content Pupils 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 equipment  Throw, catch and bounce when stationary, moving and aiming at a target  Understand how to make up rules and score points  Use hands and feet to accurately send and receive various equipment  Understand and use simple tactics  Understand and demonstrate striking, passing and receiving with a range of equipment  Bounce, kick, throw, catch and strike with consistency and accuracy  Play in various group formations e.g. 2v2, 4v4, 3v1 etc  Identify and use simple attacking and defending strategies  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 equipment  Throw, catch and bounce when stationary, moving and aiming at a target  Understand how to make up rules and score points  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 direction  Understand and demonstrate striking, passing and receiving with a range of equipment  Bounce, kick, throw, catch and strike with consistency and accuracy  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 dancing  Dance imaginatively  Change rhythm, speed, level and direction  Dance with control and co-ordination  Make a sequence by linking sections together  Link some movements to show a mood or feeling  Perform short dances, showing an understanding of expressive qualities  Create, improve and perform more complex dance phrases  Perform short dances, linking actions fluently and with control  Use dynamic and expressive qualities clearly in their dance  Use some simple dance vocabulary to describe and interpret dance.  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 well  Plan and show a sequence of controlled movements  Use contrast in their sequences  Think of more than one way to create a sequence which follows a set of ‘rules’  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 points  Use hands and feet to accurately send and receive various equipment  Understand and use simple tactics  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 points  Understand and use simple tactics  Identify and use simple attacking and defending strategies  Bounce, kick, throw, catch and strike with consistency and accuracy  Play in various group formations e.g. 2v2, 4v4, 3v1 etc  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 well  Plan and show a sequence of controlled movements  Use contrast in their sequences  Think of more than one way to create a sequence which follows a set of ‘rules’  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 equipment  Throw, catch and bounce when stationary, moving and aiming at a target  Understand how to make up rules and score points  Use hands and feet to accurately send and receive various equipment  Understand and use simple tactics  Understand and demonstrate striking, passing and receiving with a range of equipment  Bounce, kick, throw, catch and strike with consistency and accuracy  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 dancing  Dance imaginatively  Change rhythm, speed, level and direction  Dance with control and co-ordination  Make a sequence by linking sections together  Link some movements to show a mood or feeling  Perform short dances, showing an understanding of expressive qualities  Create, improve and perform more complex dance phrases  Perform short dances, linking actions fluently and with control  Use dynamic and expressive qualities clearly in their dance  Use some simple dance vocabulary to describe and interpret dance.  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 points  Understand and use simple tactics  Identify and use simple attacking and defending strategies  Bounce, kick, throw, catch and strike with consistency and accuracy  Play in various group formations e.g. 2v2, 4v4, 3v1 etc  Use hands and feet to accurately send and receive various equipment  Throw, catch and bounce when stationary, moving and aiming at a target  Understand and demonstrate striking, passing and receiving with a range of equipment  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 obstacles  Run, walk, jog, sprint leap, gallop or jump in different directions and at different speeds  Run at different speeds and describe when you might need to walk, run or sprint  Use an overarm throw to throw an object as far as possible with control of speed and direction  Jump as high and as far as possible over an obstacle.  Land safely and with control  Copy , repeat, explore and remember actions with control and coordination  Explain how to adapt performance e.g. to improve, make harder  Talk 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 |