

PHYSICAL EDUCATION Long Term Planning - Summary of YEAR 2 Units

AUTUMN 1	AUTUMN 2
<p><u>Space & Movement</u> <u>Decision Making</u> Children will be able to perform different types of movement around a space confidently with a good understanding of spatial awareness.</p> <p>They will be able to balance an object on their head whilst walking in a straight line and will show good control when asked to increase speed.</p> <p>Children will be able to change direction and the position of their body quickly and with good balance and control whilst walking and moving at a slightly quicker pace.</p> <p>Children will be able to move at speed with equipment (dribbling) showing good control, balance and coordination.</p>	<p><u>Dance</u> Children will be able to listen to the beat of the music/tambourine and be able to move in time showing expressions with their actions.</p> <p>They will be able to perform dance movements in time to a piece of music, showing an understanding of the use of levels in their movements.</p> <p>Children will be able to perform increasingly complex dance movements when performing e.g. jumping, turning, gesturing and moving expressively.</p> <p>Children will be able to remember a sequence of dance steps and will perform with control in time to the music when performing to an audience.</p>
SPRING 1	SPRING 2
<p><u>Gymnastics</u> Children will be able to perform a range of jumps and hold a range of positions with increasingly good body tension, control and pointed toes.</p> <p>Children will be able to perform a star forward roll on their own before moving onto other types of rolls, all of which will again show good control and pointed toes.</p> <p>Children will be able to perform a sequence of moves into a routine performed with other children.</p> <p>They will develop their teamwork and leadership skills by taking on a supportive advisory role in order to improve the performance of others.</p>	<p><u>Ball Skills - Throwing & Catching</u> Children will be able to throw and catch an object underarm and overarm to a partner or member of a small group and will be able to catch using either one or two hands.</p> <p>Children will be able to throw and roll an object accurately at a target showing good coordination and control when doing so.</p> <p>Children will be able to move to catch a ball with success and will be able to bounce a ball whilst moving.</p> <p>The above skills will then be applied confidently into a team game where children will throw to earn points when shooting such as netball or basketball.</p>
SUMMER 1	SUMMER 2
<p><u>Team Games</u> Children will be able to cooperate in team games working on attacking, defending and applying tactics and decision making.</p>	<p><u>Athletics</u> Children will be able to pump/swing their arms (hip to lip) when running in order to increase speed, keep their head still and keep their body/trunk tense.</p> <p>They will be able to throw a ball accurately starting from the correct stance and using a run up. Children will be able to reach a good distance when jumping by leaning forward, swinging their arms and bending their knees.</p>