

Year 2 Curriculum subject plan
PE

YEAR 2	Fundamental skills Ball skills	Gymnastics Invasion Games	Dance Target games	Fitness Yoga	Athletics Net and Wall	Team building Striking and fielding
Component knowledge and skills for Year 2	<ul style="list-style-type: none"> • I can develop my balancing, running, changing direction, jumping, hopping and skipping. • I can use a range of equipment. • I can identify areas of strength and areas for improvement for myself and others. • I can develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. • I can include a variety of shapes, levels and directions in my sequence. • I understand the importance of working safely around the apparatus and the equipment. • I can move my body in different ways to express mood, feelings or characters. • I can build on my understanding of dynamics. • I can count in beats of 8 consistently to keep in time with the music and a partner. • I can explore pathways, levels, shapes, directions, speeds and timings. • I can develop my underarm and overarm throwing action. • I can choose appropriate equipment to apply these skills. • I can develop my agility, balance, co-ordination, speed and stamina. • I can develop my perseverance and determination to work for longer periods of time. • I can learn yoga poses and techniques that will help me connect my body and mind. • I can use yoga poses to build strength, flexibility and strength. • I can develop a sprinting action. • I can explore rhythm when running over obstacles. • I can develop jumping, hopping and skipping action. • I can explore safely. Jumping for distances and height. • I can develop hitting a ball over a dropped net. 					

- | | |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none">• I can accurately underarm throw to a partner.• I can consistently use the ready position to move towards a ball.• I understand that there are different roles within a fielding team.• I can develop coordination and technique when throwing.• I can catch with two hands with coordination and technique. |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|