

Year 2 PE overview 23/24

	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B
Year 2	<p style="text-align: center;">Fitness</p> <ul style="list-style-type: none"> To learn how to run for a long time. To develop jumping in a long rope using timing. To develop co-ordination in individual skipping. To develop stamina and change of direction. To explore exercises to develop strength. To develop agility, balance and co-ordination. 	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> To perform gymnastic shapes and link them together. To perform gymnastics shapes with control and link them together. To use shapes to create balances. To use shapes to create balances. To link travelling actions and balances using apparatus. To develop travelling actions and balances using apparatus. To demonstrate different shapes, take-off and landing when performing jumps. To develop different shapes, take offs and landings when performing jumps. To develop rolling and sequence building. To refine rolling and sequence building. To create a sequence using apparatus. 		<p>Ball skills (First 3 weeks)</p> <ul style="list-style-type: none"> To develop rolling a ball to hit a target. To stop a rolling ball. To dribble a ball with your feet. <p>Target games (Last 3 lessons) <i>Link to Rugby -use rugby ball talk about passing backwards</i></p> <ul style="list-style-type: none"> To develop hitting a moving target. To select and apply the appropriate skill to the target game. To show an improvement in my personal best. 	<p style="text-align: center;">Net and Wall Games</p> <ul style="list-style-type: none"> To use the ready position to defend space on court. To develop returning a ball with hands. To play against a partner. To develop racket skills and use them to return a ball. To develop returning a ball using a racket. <p>To play against an opponent using a racket.</p>	<p style="text-align: center;">Invasion games</p> <ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. <p>To apply simple tactics for attacking and defending.</p>
Vocab words	Speed, steady, time, tired, sprint.	Link, pathway, pike, sequence, straddle, tuck.		Collect, release, receive, prepare, touch,	Against, defend, quickly, receive, trap, return.	Goalkeeper, defend, possession, tactic, opponent, send,

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			Accurate, opponent, release, strike, teammate, ahead.		receive, shoot, attack, teammate.
	<p style="text-align: center;">Dance</p> <p>Dance- Great fire of London To develop confidence to explore movements related to tasks. To be able to choose the appropriate actions and dynamics to represent the idea.</p> <p>Dance- country dancing to improve rhythmic development, working with and on a beat. Exploring a range of partnerships and working in small groups using formations.</p> <p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • To remember, repeat and link actions to tell the story of my dance. • To develop an understanding of dynamics and how they can show an idea. • • Use counts of 8 to help you stay in time with the music. • To explore pathways and levels. • To copy, repeat and create actions in response to a stimulus. • To copy, create and perform actions considering dynamics. • To create a short dance phrase with a partner showing clear changes of speed. • To copy, repeat and create movement patterns in response to the theme. • To create and perform using unison, mirroring and matching with a partner. • To remember and repeat actions and dance as a group. 	<p style="text-align: center;">Yoga</p> <ul style="list-style-type: none"> • To copy and repeat yoga poses. • To develop an awareness of strength when completing yoga poses. • To develop an awareness of flexibility when completing yoga poses. • To copy and remember actions linking them into a flow. • To create a flow, perform and teach it to a partner. <p>To explore poses and create a yoga flow.</p>	<p style="text-align: center;">Striking and fielding Games</p> <ul style="list-style-type: none"> • To track a rolling ball and collect it. • To develop underarm throwing and catching to field a ball. • To develop overarm throwing to limit a batter's score. • To develop hitting for distance to score more points. • To be able to get a batter out. <p>To understand the rules of the game and use these to play fairly.</p>	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • To develop the sprinting action. • To develop jumping for distance. • To develop technique when jumping for height. • To develop throwing for distance. • To develop throwing for accuracy. • To select and apply knowledge and technique in an athletics carousel. 	
Vocab words	Dynamics, expression, matching, mirroring, perform, speed, unison, create.	Strength, flow, flexibility, create, choose, perform.	Runs, stump, tactics, backstop, collect, teammate.	Sprint, height, landing, far, aim, take off, distance.	

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Links to National Curriculum	<p>Gymnastics - 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</p> <p>Dance – perform dances using simple movement patterns.</p> <p>Games - participate in team games, developing simple tactics for attacking and defending</p>
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