

Physical Education – Year 2

Autumn 1

Gymnastics / Leap

- Balance is to control your body's position to stay upright. This might be when you stay in one space (e.g. yoga) or whilst moving (e.g. Skiing)
- Agility is how quickly you can change direction whilst maintaining speed, balance and power.
- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.
- Co-operation is when you work together with others to achieve a result.
- Run is to move quickly using your feet.
- Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance.

Autumn 2

Dance

- Balance is to control your body's position to stay upright. This might be when you stay in one space (e.g. yoga) or whilst moving (e.g. Skiing)
- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.
- Co-operation is when you work together with others to achieve a result.
- Dance is to move the body in a rhythmic way, usually to music and within a given space

Spring 1

Throwing and catching – ball skills and movement

- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.
- Co-operation is when you work together with others to achieve a result.
- Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.
- Catching is the use the hands to stop and hold a moving object.
- Eyes on the object, Finger tips together (two handed catch)
- Catch the object, then grip it.

Spring 2

Invasion Games Attacking / Defending

- Striking is when you hit a ball with a bat or racket.
- Attack is to try to move past and score against the opposing team.
- Defend is to block the other team and stop them from scoring.
- Competitive sports are games where the aim of the games is to win
- Co-operation is when you work together with others to achieve a result.

Summer 1

Summer 2