

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

Year 2	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Fundamentals  Team building	Ball skills  Yoga	Target games  Gymnastics	Invasion  Dance	Fitness  Striking and fielding	Athletics  Team building
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	<p>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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ 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</li> <li>♣ participate in team games, developing simple tactics for attacking and defending</li> <li>♣ perform dances using simple movement patterns</li> </ul>					
What we need to know Red Hill Riches	<p><b>Fundamentals</b></p> <p>To know that putting weight into the front of my feet helps me to stop in a balanced position.</p> <p>To know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>To know that squeezing my muscles helps me to balance.</p>	<p><b>Ball skills</b></p> <p>To know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>To know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p>To know that it is easier to move towards a ball to track it than chase it.</p>	<p><b>Target games</b></p> <p>To know that stepping with opposite foot to throwing arm will help you to balance.</p> <p>To know that moving my arm quicker will give me more power.</p> <p>To know how to finish with my object/hand/foot pointing to the target.</p> <p>To know and apply simple tactics.</p>	<p><b>Invasion</b></p> <p>To know to control the ball before sending it.</p> <p>To know that keeping my head up will help me to know where defenders are.</p> <p>To know that moving into space away from defenders helps me to pass and receive a ball.</p>	<p><b>Fitness</b></p> <p>To know using small quick steps helps me to change direction.</p> <p>To know that I can squeeze my muscles to help me balance.</p> <p>To know that some skills require me to move my body parts at different times such as skipping.</p>	<p><b>Athletics</b></p> <p>To know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>To know that swinging my arms forwards will help me to jump further.</p> <p>To know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p>

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	<p>To know that swinging my arms forwards will help me to jump further.          To know that if I look straight ahead it will stop me falling over when I land.</p> <p style="text-align: center;"><b>Team building</b></p> <p>To know that we can work as a group to solve a problem through communicating with each other.          To know how to make a plan with others.</p>	<p>To know to keep my head up when dribbling to see space/opponents.</p> <p style="text-align: center;"><b>Yoga</b></p> <p>To know that I can squeeze my muscles to help me to balance.          To know that flexibility helps us to stretch our muscles and increase the movement in our joints.          To know that strength helps us with every day tasks.          To know that I can use yoga to make me feel calm.</p>	<p>To know how to score points and follow simple rules.</p> <p style="text-align: center;"><b>Gymnastics</b></p> <p>To know that some shapes link well together.          To know that squeezing my muscles helps me to balance.          To know that I can roll in different ways and I must move my body in different ways to achieve these rolls.          To know that looking forward will help me to land with control when jumping.          To know that if I use shapes that link well together it will help my sequence to flow.</p>	<p>To know that when my team is in possession of the ball, I am an attacker and we can score.          To know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.          To know that standing between the ball and the attacker will help me to stop them from getting the ball.          To know and apply simple tactics for attack and defence.          To know how to score points and follow simple rules.</p> <p style="text-align: center;"><b>Dance</b></p> <p>To know that sequencing actions in a particular order will help me to tell a story through my dance.          To know that I can change the way I perform actions to show an idea.          To know that I can use different pathways, directions and levels in my dance.          To know that using counts of 8 will help me to stay in time with my partner and the music.          To know that using facial expressions helps to show the mood of my dance.</p>	<p>To know that I take shorter steps to jog and bigger steps to run.          To know that I need to run slower if running for longer periods of time.</p> <p style="text-align: center;"><b>Striking and fielding</b></p> <p>To know the role of a batter.          To know that striking quickly will increase the power.          To know that there are different roles within a fielding team.          To know to move towards the ball to collect it to limit a batter's points.          To know that stepping with opposite foot to throwing arm will help me to balance.          To know to use wide fingers and pull the ball in to my chest to help me to securely catch.          To know and apply simple tactics for attack (batting) and defence (fielding).          To know how to score points and follow simple rules.</p>	<p style="text-align: center;"><b>Team building</b></p> <p>To know that we can work as a group to solve a problem through communicating with each other.          To know how to make a plan with others.</p>
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				To know that if I practise my dance my performance will improve.		
<b>Disciplinary Knowledge</b>	<p><b>Fundamentals</b></p> <p>To demonstrate balance when changing direction. To clearly show different speeds when running.</p> <p>To demonstrate balance when performing movements.</p> <p>To demonstrate jumping for distance, height and in different directions.</p> <p>To demonstrate hopping for distance, height and in different directions.</p> <p><b>Team building</b></p> <p>To follow instructions and work with others.</p> <p>To cooperate and communicate in a small group to solve challenges.</p> <p>To create a plan with a group to solve a problem.</p> <p>To work as a group to solve a problem.</p>	<p><b>Ball skills</b></p> <p>To roll, throw and kick a ball to hit a target.</p> <p>To develop catching a range of objects with two hands.</p> <p>To catch with and without a bounce.</p> <p>To consistently track and collect a ball being sent directly.</p> <p>To explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Yoga</b></p> <p>To remember, copy and repeat sequences of linked poses.</p> <p>To show increased awareness of extension in poses.</p> <p>To demonstrate increased control in performing poses.</p> <p>To explore controlling my focus and sense of calm.</p>	<p><b>Target games</b></p> <p>To develop coordination and technique when throwing overarm towards a target.</p> <p>To coordination and technique when throwing underarm towards a target.</p> <p>To develop striking a ball with equipment with some consistency.</p> <p><b>Gymnastics</b></p> <p>To explore shapes in different gymnastic balances.</p> <p>To remember, repeat and link combinations of balances.</p> <p>To explore barrel, straight and forward rolls or progressions for these and put into sequence work.</p> <p>To explore shape jumps and take off combinations.</p>	<p><b>Invasion</b></p> <p>To develop sending and receiving with increased control.</p> <p>To explore dribbling with hands and feet with increasing control on the move.</p> <p>To explore moving into space away from others.</p> <p>To develop moving into space away from defenders.</p> <p>To explore staying close to other players to try and stop them getting the ball.</p> <p><b>Dance</b></p> <p>To accurately remember, repeat and link actions to express an idea.</p> <p>To develop an understanding of dynamics.</p> <p>To develop use of pathways and travelling actions to include levels.</p> <p>To explore working with a partner using unison, matching and mirroring.</p>	<p><b>Fitness</b></p> <p>To demonstrate improved technique when changing direction whilst moving.</p> <p>To demonstrate increased balance whilst travelling along and over equipment.</p> <p>To perform actions with increased control when coordinating my body with and without equipment.</p> <p>To run at different speeds.</p> <p>To demonstrate increased control in body weight exercises.</p> <p>To show an ability to work for longer periods of time.</p> <p><b>Striking and fielding</b></p> <p>To develop striking a ball with their hand and equipment with some consistency.</p> <p>To develop tracking a ball and decision making with the ball.</p> <p>To develop coordination and technique when throwing over and underarm.</p>	<p><b>Athletics</b></p> <p>To develop the sprinting action.</p> <p>To develop jumping, hopping and skipping actions.</p> <p>To explore safely jumping for distance and height.</p> <p>To develop overarm throwing for distance.</p> <p><b>Team building</b></p> <p>To follow instructions and work with others.</p> <p>To cooperate and communicate in a small group to solve challenges.</p> <p>To create a plan with a group to solve a problem.</p> <p>To work as a group to solve a problem.</p>

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				To develop the use of facial expressions in my dance.	To catch with two hands with some coordination and technique.	
<b>Excellence Enjoyment Everyone Everything</b>	<p><b>Excellence</b>- Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p><b>Enjoyment</b>-Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p><b>Everyone</b>-Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p><b>Everything</b>-Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<b>Vocabulary</b>	jog speed dodge skip balance  solve direction share plan map communicate	overarm underarm distance collect dribble target  receive defend opponent quickly trap return collect against	release strike select accuracy target object opposite ahead distance action travel roll balance straddle pike tuck sequence starlevel	track target receive send control accurate release  counts direction balance speed timing level mirror shape space pathway	speed pace distance sprint jog steady strong race  throw send score runs batter place bowler strike catch fielder	speed balance height distance overarm underarm