

<b>Year 2 Fitness</b> Curriculum Link: <b>To master basic movements including running, jumping, throwing and catching</b>		
Key Information	Learning	Key PE Skills
<b>Unit</b> Subject Name: PE Year Group: 2 Term: 2 (H1) Unit Name: <b>Fitness</b>	<b>Previous Learning</b> <ul style="list-style-type: none"> <li>• Vary their pace and speed when running/jogging.</li> <li>• Maintain control and stay in a straight line when jogging/running/sprinting.</li> <li>• Show good posture and balance.</li> <li>• Hold still shapes and simple balances.</li> <li>• Travel in different ways, changing direction and speed.</li> <li>• Move around, under, over, and through different objects and equipment.</li> <li>• Begin to move with control and care.</li> </ul>	<b>Competing and Performing</b> <ul style="list-style-type: none"> <li>• Compete against self and others in teams and individually.</li> </ul>
<b>Big Ideas</b> To explore and develop agility, balance, co-ordination, speed and stamina.	<b>Year 2 Learning</b> <ul style="list-style-type: none"> <li>• Run/jog at different paces, describing the different paces.</li> <li>• Run/jog a variety of distances and begin to select the most suitable pace and speed for the distance.</li> <li>• Begin to select the most suitable pace and speed for distance.</li> <li>• Use a variety of different stride lengths.</li> <li>• Copy, repeat and remember actions and movements.</li> <li>• Hold a still shape whilst balancing on different points of the body.</li> <li>• Travel using a range of direction and speed, with control and care.</li> </ul>	<b>Health and Fitness &amp; Preparation</b> <ul style="list-style-type: none"> <li>• Recognise and describe how different parts of the body feel during and after different physical activities.</li> <li>• Explain what they need to stay healthy with some links to exercise being made.</li> </ul>

Key Information	Learning	Key PE Skills
<b>Vocabulary</b>	<b>Future Learning:</b>	<b>Evaluation and Communication</b>
stretch shape repeat roll direction speed balance turn warm-up cool-down run jog jump throw speed height	<ul style="list-style-type: none"> <li>• Run/jog a variety of distances, recognising speed and pace should be altered for the distance.</li> <li>• Understand the importance of adjusting running pace to suit the distance being run.</li> <li>• Create interesting body shapes while holding balances with control.</li> <li>• Begin to show flexibility in movements.</li> <li>• Travel using a range of direction and speed, with control, co-ordination and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch or describe performances of themselves and others - linking that to what went well and what to improve.</li> <li>• Use some simple communication to illustrate what they are planning on doing.</li> </ul>
<b>Glossary</b>		