

Year 2 Fundamentals		
Curriculum Link: To develop balance, agility and co-ordination, and begin to apply these in a range of activities		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 2 Term: 1 (H1) Unit Name: Fundamentals	<ul style="list-style-type: none"> • Copy and repeat actions and movements. • Hold still shapes and simple balances. • Travel in different ways, changing direction and speed. • Move around, under, over, and through different objects and equipment. • Begin to move with control and care. • Vary their pace and speed when running/jogging. • Maintain control and stay in a straight line when jogging/running/sprinting. • Show good posture and balance. • Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • Perform a short jumping sequence. • Jump as high as possible. • Jump as far as possible. • Land safely. 	<ul style="list-style-type: none"> • Compete against self and others in teams and individually.
Big Ideas	Year 2 Learning	Health and Fitness & Preparation
To develop the basic movements of running, jumping, balance, agility and co-ordination. Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with	<ul style="list-style-type: none"> • To copy, repeat and remember actions and movements. • To hold a still shape whilst balancing on different points of the body. • To run/jog at different paces, describing the different paces. • To run/jog a variety of distances and begin to select the most suitable pace and speed for the distance. • To begin to select the most suitable pace and speed for distance. • To be able to use a variety of different stride lengths. • To perform a short jumping sequence with developing control and accuracy. • To jump for distance from a standing position with accuracy and control. • To choose the most appropriate jumps to cover different distances. • To be able to land safely and with some control. 	<ul style="list-style-type: none"> • Recognise and describe how different parts of the body feel during and after different physical activities. • Explain what they need to stay healthy with some links to exercise being made.



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



you and that you may be
in good health, as it goes
well with your soul.

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Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
stretch shape repeat direction speed balance turn warm-up cool-down jump skip		<ul style="list-style-type: none"> • Run/jog a variety of distances, recognising speed and pace should be altered for the distance. • Understand the importance of adjusting running pace to suit the distance being run. • Develop performing a relay as a team. • Jump for distance from a standing position with accuracy, balance and control. • Land safely and with control. • Begin to combine running with jumping over hurdles. • Perform a push throw with developing control and accuracy. • Begin to improve on own technique and beat personal bests. • Alter their throwing techniques to throw for greater distance. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others - linking that to what went well and what to improve. • Use some simple communication to illustrate what they are planning on doing.
Glossary			