

Year 2 Fitness Curriculum Link: To master basic movements including running, jumping, throwing and catching		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 2 Term: 2 (H1) Unit Name: Fitness</p> <p>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. Do for other people the same things you want them to do for you.</p> <p>Matthew 7:12</p>	<ul style="list-style-type: none"> • 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. • 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. 	<ul style="list-style-type: none"> • Compete against self and others in teams and individually.
Big Ideas	Year 2 Learning	Health and Fitness & Preparation
<p>To explore and develop agility, balance, co-ordination, speed and stamina.</p>	<ul style="list-style-type: none"> • To learn how to run for a long time. • 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. 	<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.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
stretch shape repeat roll direction speed balance turn warm-up cool-down run jog jump throw speed height	<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. • Create interesting body shapes while holding balances with control. • Begin to show flexibility in movements. • Travel using a range of direction and speed, with control, co-ordination and care. 	<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		