

| Our School Values | |
|-------------------|---|
| Love | We show love by supporting and encouraging one another through different PE activities. |
| Unity | We show unity by working and playing in teams. |
| Courage | We show courage by being brave and trying new things in PE. |
| Inspiration | We show inspiration by encouraging others to have a go and demonstrating our skills. |



Year 2

Physical Education (PE)

Athletics



NC Objectives:

Master basic movements including running, jumping, throwing and catching

Can comment on own and others performance

Can give comments on how to improve performance.

Use appropriate vocabulary when giving feedback.

| | Knowledge I already know | Knowledge I will learn |
|-----------------|---|--|
| Running | <p>To show balance and co-ordination when changing direction</p> <p>Vary my pace and speed when running</p> <p>How to run with a basic technique over different distances</p> <p>How to jog/ sprint in a straight line</p> <p>Change speed and direction whilst running.</p> <p>Sprint 30m within 6-9 seconds</p> <p>Run for longer distance 200m within 1:31-1:45m</p> | <p>How to show balance and coordination at different speeds</p> <p>How to run and describe different paces</p> <p>How to use a variety of different stride lengths</p> <p>Begin to know how to select the most suitable pace and speed for distance</p> <p>How to complete an obstacle course</p> <p>How to run with basic techniques following a curved line</p> <p>Develop the following skills with increasing accuracy and velocity:</p> <p>Change speed and direction whilst running.</p> <p>Sprint 30m under 6 secs</p> <p>Run for longer distance 200m under 1:30</p> |
| Throwing | <p>How to develop overarm throwing</p> <p>How to throw a ball towards a target with increasing accuracy</p> <p>How to improve the distance I can throw by using more power</p> <p>Explore and throw objects with one hand.</p> <p>Overarm throw 10- 19m Chest push 3-4m</p> | <p>How to throw different types of equipment in different ways, for accuracy and distance</p> <p>How to throw with accuracy at targets of different heights</p> <p>How to use an overarm throw to help me to throw for distance</p> <p>Explore and throw a variety of objects with one hand.</p> <p>Overarm throw 10- 19m</p> <p>Chest push 3-4m</p> |
| Jumping | <p>How to choose a jump which allows me to jump the furthest</p> <p>How to perform different types of jumps:</p> <p>How to perform a short jumping sequence</p> <p>How to jump as high/ far as possible</p> <p>How to land safely and with control</p> <p>How to jump from a stationary position with control.</p> <p>How to jump for height 10- 14cm</p> <p>How to jump for distance 60 – 89cm</p> | <p>How to jump and land with control</p> <p>How to perform and compare different types of jumps: two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>How to combine different jumps together with some fluency and control</p> <p>How to jump for distance from a standing position with control</p> <p>How to investigate the best jumps to cover different distances</p> <p>Jump from a stationary position with control.</p> <p>Jump for height 15-19cm</p> <p>Jump for distance 60 – 89cm</p> |

Key Vocabulary

| Word | Definition |
|-----------------|--|
| Aim | When you hit something that you throw, kick or shoot something towards it. |
| Accuracy | To do something correctly. |



Healthy Me

Can describe the effect exercise has on the body

Can explain the importance of exercise and a healthy lifestyle.