



Subject	PE
Year Group	Year 2
Knowledge Essential facts (Directly correlating to NC document) Key vocabulary / technical terms	
<p><u>Children will know:</u></p> <ul style="list-style-type: none"> • The importance of physical activity including a warm-up. • How to talk about different ways to keep healthy and safe. • How to talk about what our bodies do and how they change during exercise. • How to warm up. • The meaning of the terms <i>travelling, movement, pathway, dynamic, contrast and sequence</i>. • The meaning of the terms <i>safe</i> and <i>controlled</i>. • What a <i>safe place</i> is. • What <i>spatial awareness</i> is. <p><u>Fundamental Movements</u></p> <ul style="list-style-type: none"> • How to zigzag through a series of tightly spaced markers. • How to hop along a straight line using the same foot. • How to jump for distance controlling the landing. • How to jump for height with a controlled landing. • How to catch a small ball. • The correct technique to use when throwing a small ball underarm and overarm. • How to copy and remember actions. • How to compare their performance with others. • How to balance their weight on their hands in different ways. • How to travel by walking, running, hopping, sliding, bouncing, skipping, rolling and leaping. • How to use their body parts to make contact with the floor. • How to turn to change direction • How to roll and stop a small ball. • How to send a ball into a space using different speeds. • How to work on their own and with a partner. • How to plan and perform a sequence of movements. • More than one way to create a sequence, which follows some rules. • How to perform different rolls i.e. a log and tuck roll. • How to evaluate the use of pathways, levels and contrasting dynamics in thier peers' sequences. <p><u>Team Games</u></p> <ul style="list-style-type: none"> • How to use hitting, kicking and/or rolling in a game. • How to follow the rules of a game. • How to decide the best space to be in during a game. • How to show one tactic in a game. • The meaning of the terms <i>attacking, defending, retrieve, fielding, tactic, intercept, opponent, opposition, contact, accuracy</i> and <i>return</i>. • How to describe ways to retrieve a partner's tail. 	



- How to send the ball in order to score the most points within a game.
- How to change power when throwing.
- The importance of teamwork and communication.
- How to make simple decisions when working in a team.
- How to stop the opposition from scoring.
- How to perform a tactic to stop a partner from scoring.
- How to score against an opponent.

Performing Dances

- How to change rhythm, speed, level and direction in their dance.
- How to dance with control and co-ordination.
- How to use dance to show a mood or a feeling.
- How to bring a story to life through movement.
- How to combine travelling actions in repeatable patterns.
- How to gesture with their arms, legs and head as well as isolated body parts.
- How to use space in different ways.
- How to be still and use mirroring.
- How to perform their own dance moves.
- How to make up a short dance.
- How to make small and big body shapes.
- How to dance at different levels and speeds.