



What are the aims and intentions of this curriculum?

That children:

- Further develop skills (agility, balance and coordination) to increase physical confidence
- Experience the simple tactics of competitive games.

Term	Topic	Knowledge	Skills	Assessment
Autumn 1	Gymnastics – Spinning, turning and twisting	<ul style="list-style-type: none"> • To know what a twist is • To know ways of twisting with different body parts • To know the difference between a twist and a turn • To know how to coordinate movements at the same time as a partner • To know the difference between counter balance and counter tension 	<ul style="list-style-type: none"> • To perform a twist and then a roll • To change pathway after each roll by spinning • To change the point of contact in balances by leading into the next balance by twisting • To twist whilst in inversion • To perform a counter balance against apparatus • To work in synchronisation with a partner • To mirror the moves of a partner • To create a sequence of work with a clear start, controlled twists, spins and turns 	
		Vocabulary: twist, counter balance, counter tension, turn, spins, inversion, synchronisation, pathway		
Autumn 1	Target Games	<ul style="list-style-type: none"> • To know the correct position to get into to throw well • To know where to position the standing foot when striking • To know that it is more challenging to hit moving targets • To know what technique is used when striking a ball with a racket 	<ul style="list-style-type: none"> • To throw a ball underarm with either hand with accuracy • To strike at targets that move • To kick a ball with accuracy with both feet • To roll a ball with good technique with either hand 	



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		<ul style="list-style-type: none"> To know how to hit with more force 	<ul style="list-style-type: none"> To strike a ball with a bat or racket at a target To aim with accuracy at a target so it hits after a bounce To throw flatter and with more force 	
		<p>Vocabulary: standing foot, striking foot, stance, force, accuracy, target</p>		
Autumn 2	Fundamental movement skills 2	<ul style="list-style-type: none"> To know to watch the hands of people turning the rope to know when to jump To know that there are different ways of jumping a rope To know to relax when dribbling and not be too tense To know the difference between a vertical and broad jump To know to relax when catching to cushion the impact of the ball 	<ul style="list-style-type: none"> To skip using a rope To jump in a variety of ways To dribble a ball with either hand To travel with a ball under control To receive a ball and trap it To cushion a pass by turning the foot To pass in different ways To pass accurately To broad jump for distance To signal for the ball 	
		<p>Vocabulary: cushion, dribble, vertical, broad jump, relax, tense, signal, trap</p>		
Spring	Dance – The Fire of London	<ul style="list-style-type: none"> To know how to safely move around in space To know how to control speed to ensure safety To know how to use simple technical language to provide feedback 	<ul style="list-style-type: none"> To travel safely and creatively in space To use my body to express simple theme related shapes, movements, actions and feelings To show different levels when I travel To communicate effectively with a partner To create, remember and perform a simple sequence of movement To give supportive feedback 	
		<p>Vocabulary: theme, mind map, shapes, sequence, feedback, creative, communicate</p>		



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Spring 2	Invasion Games Skills 2	<ul style="list-style-type: none"> • To know how far to throw the ball in relation to where a partner is standing • To know to stand in position of readiness to receive the ball • To know to track the flight of the ball • To know to turn so both the opponent and ball are visible when defending • To know to close the space down quickly when defending • To know to attack at speed • To know how to keep the body between the ball and opponent to shield it. • To know why thinking ahead when not in possession is important 	<ul style="list-style-type: none"> • To throw overarm to a partner • To catch a ball consistently after one bounce • To catch a ball consistently on the full • To move opponents around the court when playing against them • To track an opponent • To intercept a pass • To pass the ball with control • To compete with spatial awareness in games 	
		Vocabulary: travel, signal, dummy pass, close space, dodge, space, possession, communicate, track		
Summer 1	Net and Wall game skills	<ul style="list-style-type: none"> • To know what a position of readiness looks like • To know how to track the flight of the ball • To know which is the best technique to return a ball • To know the requirement for getting under the ball to strike it upwards over a net • To know how to form a ready position • To know to try and get back to the centre of the court after each shot 	<ul style="list-style-type: none"> • To send and receive a ball with some accuracy • To move quickly into positions to catch • To strike a ball with some accuracy • To volley a ball by getting in line and underneath it • To keep a rally going with a partner • To develop a good grip and stance • To play a game against an opponent using a variety of shots • To move fluently around the court • To move quickly to get into a good position to return the ball 	
		Vocabulary: track, volley, serve, forehand, backhand, rally, strike		



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Summer 2	Athletics 2	<ul style="list-style-type: none">• To know the importance of a good start• To know to cushion knees when landing• To know the technique for different types of jump• To know the difference between a leap and a jump• To know how to increase the distance of a jump• To know why it is important to warm up• To know how to keep others safe when throwing	<ul style="list-style-type: none">• To jump in a variety of ways• To coordinate a run with a jump• To discover and develop different styles of jumping• To leap, jump and hop• To add a short run to a jump• To throw with a run up• To show a sense of anticipation• To react quickly• To demonstrate agility and balance	
		Vocabulary: leap, jump, hop, increase, anticipate, landing, cushion, technique		