



Churchfields Infants' School: Year Two curriculum information

Physical Education



Outlined below is a summary of the skills children will work on during each half term in Year Two, along with some activities children will complete, key vocabulary that will be taught and ideas of how parents can help to develop this learning at home.

Half Term	Skills	Activities	Key Vocabulary	How can you help at home?
<p>Autumn 1</p> <p>Are We Nearly There Yet?</p>	<ul style="list-style-type: none"> - master throwing and catching skills - travelling in a range of ways, varying speed, direction and level - use travels to link actions into a sequence, and to create dances using simple movement patterns - further develop basic skills and agility, balance and coordination - develop simple tactics for attacking and defending and begin applying these to simple games 	<ul style="list-style-type: none"> - dribbling big balls using hands, in straight lines and around obstacles - passing a big ball accurately using bounce, shoulder and chest passes - passing a ball to a team member while moving by throwing in front of them - simple attack and defence tactics - scoring points against a partner by travelling past them and hitting a target - Indiana Jones 'Journey' dance - travelling in different ways and creating a 	<ul style="list-style-type: none"> run jog hop skip jump hopscotch level high low speed quickly slowly direction forwards backwards bounce dribble pass throw underarm accuracy 	<ul style="list-style-type: none"> - play simple throwing and catching games at home - have a game of 'Piggy in the Middle' to rehearse these skills - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together

	<p>agility, balance and coordination</p> <p>Revision:</p> <ul style="list-style-type: none"> - developing basic movements - revisit dances, including Big Dances, that follow simple movement patterns 	<p>sequence with a range of movements</p> <p>Revision:</p> <ul style="list-style-type: none"> - revisit Big Dances - rehearsing basic skills such as jumping safely, throwing and catching accurately with large balls 	<p>space</p> <p>target</p> <p>travel</p> <p>pathway</p> <p>sequence</p> <p>movement pattern</p>	
<p>Autumn 2</p> <p>Once Upon a Time...</p>	<ul style="list-style-type: none"> - build movements that can be completed using ball, tall and wall shapes and use them to develop agility, balance and coordination - link movements together to create sequences and movement patterns - respond appropriately to music, in time and following agreed movement patterns - develop power and aim and apply this to archery activities - develop simple tactics for attacking and defending <p>Revision:</p>	<ul style="list-style-type: none"> - find opportunities to travel and complete actions (rolls, jumps, balances etc.) on a range of equipment, starting on the floor and moving to working at height - creating sequences using a variety of shapes - perform traditional dances using simple movement patterns - learn how to hold a bow and shoot an arrow - shoot with power and aim at a target - apply simple attack and defence tactics to a game of tag <p>rugby</p>	<p>ball shape</p> <p>tall shape</p> <p>wall shape</p> <p>height</p> <p>apparatus</p> <p>sequence</p> <p>link</p> <p>movement pattern</p> <p>bow</p> <p>arrow</p> <p>shoot</p> <p>target</p> <p>load</p> <p>power</p> <p>aim</p> <p>rugby</p> <p>tag</p> <p>attack</p> <p>defend</p> <p>movement</p> <p>dodge</p>	<ul style="list-style-type: none"> - find times at home when you make a ball, tall or wall shape - practise aiming at a target when throwing a ball or bean bag - rehearse using an archery set at home if you have one - ask your child to show you some of their dances for the Christmas concert - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together

	<ul style="list-style-type: none"> - <i>developing basic movements and agility, balance and coordination</i> - <i>revisit dances, including Big Dances, that follow simple movement patterns</i> - <i>applying simple tactics in attack and defence to a new game</i> 	<ul style="list-style-type: none"> - apply throwing and catching skills to throw and catch a rugby ball, an unfamiliar shape Revision: - <i>revisit Big Dances</i> - <i>rehearsing and applying attack and defence tactics</i> - <i>rolling</i> 	tactic	
<p>Spring 1</p> <p><i>It's Cold Outside...</i></p>	<ul style="list-style-type: none"> - develop skills in jumping, using a range of different actions while taking off, in the air and landing - develop skills in using a 'range of different actions to move onto, off or along apparatus (see next column for details) - develop complexity of movement patterns and sequences to be performed in dances - develop skills in unihoc; controlling the ball and a stick at the same time! - developing and further applying 	<ul style="list-style-type: none"> - jumping in different ways, controlling take-off and landing and adding an action while in the air (e.g. a shape or a turn) - finding places to perform 'push back' action and/or a turn while getting on or off a piece of apparatus, or an action to be performed along or on the apparatus - develop movements to 'The Knights' Dance' – Romeo and Juliet inspired by forces (pushing and pulling) - holding a unihoc stick accurately 	<ul style="list-style-type: none"> jump spring take-off landing action shapes (straight, star, straddle, pike, tuck) push back turn twist push/pull sequence linked movement pattern stick grip control dribble (tap, tap, tap for dribbling!) 	<ul style="list-style-type: none"> - encourage your child to show you the skills they have developed in jumping (under supervision of course!) Can they use different twists and turns and create different shapes using their arms and legs? Don't forget the squashy knees! - practise aiming at a target when throwing a ball or bean bag - rehearse using a hockey stick to control a ball if you have one - ask your child to show you some of their dances they have been rehearsing - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together

	<p>strategies in attack and defence to a new game</p> <p>Revision:</p> <ul style="list-style-type: none"> - <i>developing basic movements and agility, balance and coordination</i> - <i>apply learning about ball, tall and wall shapes</i> - <i>revisit dances, including Big Dances, that follow simple movement patterns</i> - <i>applying simple tactics in attack and defence to a new game</i> 	<ul style="list-style-type: none"> - keeping a ball under control while dribbling with a unihoc stick - passing - shooting through a goal - applying attack and defence tactics to unihoc matches - team work with a larger team of children (up to 5 a side) <p>Revision:</p> <ul style="list-style-type: none"> - <i>use opportunities to perform an action on an appropriate piece of apparatus</i> - <i>revisit Big Dances</i> - <i>rehearsing and applying attack and defence tactics to a new kind of game with new rules</i> - <i>aiming at a target: apply skills to unihoc</i> - <i>how to be a good sportsperson</i> 	<p>pass (scrape for passing!) stop dodge pathways aim shoot</p> <p>team goalkeeper captain substitute spaces mark</p> <p>attack defend tactic foul pass push back side-line corner</p> <p>sportsperson gracious winner/loser</p>	
<p>Spring 2</p> <p>What the Eyes Don't See...</p>	<ul style="list-style-type: none"> - continue to master and apply knowledge of basic movements and agility, balance and coordination 	<ul style="list-style-type: none"> - rehearse passing and receiving a ball with a partner (unihoc) 	<p>mirror travel roll balance control</p>	<ul style="list-style-type: none"> - practise aiming at a target when throwing a ball or bean bag - rehearse using hockey stick/set at home if you have one - ask your child to show you some of their dances!

<ul style="list-style-type: none"> - design and rehearse a range of simple movement patterns and link these together to perform their own dance - follow and apply a range of rules to compete in a team activity (unihoc) - thinking about positioning when performing as a member of a team - mirroring a partner when performing basic movements <p>Revision:</p> <ul style="list-style-type: none"> - <i>further developing basic movements and agility, balance and coordination</i> - <i>apply skills developed in jumping appropriately to movement patterns and sequences</i> - <i>revisit dances, including Big Dances, that follow simple movement patterns</i> - <i>continue to develop tactics to build skills as part of a hockey team</i> 	<ul style="list-style-type: none"> - practise finding spaces to run into in order to receive a ball - defending a goal - continue to rehearse push passing and shooting at a goal - 3 v 3 and 5 v 5 unihoc matches - choreographing own dances in response to music - Indian Harvest Dance (several movement patterns at once!) - mirroring a partner when making shapes and performing rolls and balances - yoga to develop agility, balance and coordination <p>Revision:</p> <ul style="list-style-type: none"> - <i>apply knowledge about appropriate movements to complete on given sets of apparatus</i> - <i>revisit Big Dances</i> - <i>rehearsing and applying further attack and defence tactics to unihoc</i> 	<p>sequence</p> <p>movement pattern</p> <p>yoga namaste</p> <p>stick grip control dribble (tap, tap, tap for dribbling!)</p> <p>pass (scrape for passing!)</p> <p>stop dodge pathways aim shoot</p> <p>team goalkeeper captain substitute spaces mark</p> <p>attack defend tactic foul pass push back</p>	<ul style="list-style-type: none"> - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together
--	--	---	--

	<ul style="list-style-type: none"> - applying simple tactics in attack and defence to a new game - working well as a member of a team 	<ul style="list-style-type: none"> - how to be a good sportsperson - knowledge of movement patterns rehearsed with suggestions from the teacher 	<ul style="list-style-type: none"> side-line corner free pass penalty sportsperson gracious winner/loser 	
<p>Summer 1</p> <p>From Out of the Ashes</p>	<ul style="list-style-type: none"> - continue to master and apply knowledge of basic movements and agility, balance and coordination - design and rehearse a range of simple movement patterns and link these together to perform their own dance - follow and apply a range of rules to compete in a team activity (cricket) - thinking about positioning when performing as a member of a team - mirroring a partner when performing basic movements Revision: - further developing basic movements and agility, balance and coordination 	<ul style="list-style-type: none"> - bowling underarm to a target - catching a small ball - holding and using a cricket bat effectively - developing fielding skills by playing 'Hide the Beanbag' - applying skills to a small game of cricket (being bowler, batter and fielder) - rehearsing the difference between underarm throws for bowling and overarm to cover distance as a fielder - building accuracy in both kinds of throws - yoga activities - mirroring a partner when performing simple movements and movement patterns 	<ul style="list-style-type: none"> cricket bowler batter fielder bowl underarm overarm wicket stumps over (6 balls) run score points 'out' mirror travel roll balance control sequence height level direction sportsperson gracious winner/loser 	<ul style="list-style-type: none"> - rehearse cricket skills at home where you can, especially if you have a cricket bat they can practise with - practise accuracy of underarm and overarm throwing - have a look at Cosmic Kids Yoga on YouTube and choose a video to help you relax at home. Maybe you can all join in? - listen to The Firebird Suite (the finale) and ask your child to show you some of the movements they have choreographed https://www.youtube.com/watch?v=erOEatu5aH8 - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together

	<ul style="list-style-type: none"> - <i>apply skills developed in mirroring appropriately to movement patterns and sequences</i> - <i>revisit dances, including Big Dances, that follow simple movement patterns</i> - <i>working well as a member of a team</i> 	<ul style="list-style-type: none"> - mirroring a partner when working at different heights - continuing to move expressively to music, choosing and linking own movements together (Firebird Dance) Revision: - <i>apply knowledge about appropriate movements to complete on given sets of apparatus</i> - <i>how to be a good sportsperson</i> - <i>knowledge of movement patterns rehearsed with suggestions from the teacher</i> 		
<p>Summer 2</p> <p>Lost at Sea</p>	<ul style="list-style-type: none"> - continue to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - continue to participate in team 	<ul style="list-style-type: none"> - continue mirroring a partner along a linear set of apparatus - using a partner as an obstacle - athletics activities e.g. relay races, long jump (standing start and running start), discus, javelin, shotput sprint races plus other activities in 	<ul style="list-style-type: none"> obstacle sequence movement pattern linear apparatus relay sprint long distance javelin shotput discus jump 	<ul style="list-style-type: none"> - ask your child to show you some of their favourite dances for the Big Dance in July - you could hold a mini Olympics in your garden or at the park with events of your choice! All participants can make themselves a medal for the end and maybe even have a lolly or ice cream as a reward for all their hard work?! - rehearse skills such as skipping and riding a bike if you can to further develop children's gross motor skills

	<p>games, developing simple tactics for attacking and defending</p> <ul style="list-style-type: none"> - continue to perform dances using simple movement patterns <p>Revision:</p> <ul style="list-style-type: none"> - <i>apply and bring together all skills learned throughout the Key Stage</i> 	<p>preparation for sports day (e.g. obstacle race)</p> <ul style="list-style-type: none"> - Big Dances <p>Revision:</p> <ul style="list-style-type: none"> - <i>overarm throwing for athletics throws (javelin and shotput)</i> - <i>shooting in archery (as part of Y2 'Olympics' competition)</i> - <i>revisiting dances in preparation for Big Dance</i> 	<p>long jump standing start run up</p> <p>choreographed</p>	<ul style="list-style-type: none"> - go swimming together and develop children's skills and confidence in the water - get as much exercise as you can together
--	---	--	---	--