







Physical Education			Year 2		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p><b>Multi Skills / Uni-hoc:</b></p>	 <p><b>Dance / Handball:</b></p>	 <p><b>Basketball / Gymnastics:</b></p>	 <p><b>Football / Badminton:</b></p>	 <p><b>Athletics / Tennis:</b></p>	 <p><b>Athletics / Rounders:</b></p>
<p><b>Multi-skills:</b> LI: To share the hall area safely with others and travel with awareness and accuracy. LI: To learn basic jumps and increase agility when moving. LI: To improve balance and distribute weight evenly. LI: To throw a javelin accurately. LI: To improve skipping technique and skip with rhythm. LI: To improve catching and co-ordination. LI: To throw a howler accurately. LI: To understand how to improve skills and the how this impacts performance in support. LI: To begin to pace running to increase stamina. <b>Uni-hoc:</b> LI: To show awareness of others when playing games and to</p>	<p><b>Dance – Gunpowder</b> <b>Plot:</b> LI: To understand how dance be used as a way of communicating. LI: To use different dance movements to communicate an idea. LI: To dance in different formations to communicate different ideas. LI: To communicate feelings through dance. LI: To refine and improve my movements. LI: To change the rhythm of my movement to communicate ideas. LI: To perform dances using simple movement patterns in the context of significant historical events. <b>Handball:</b> LI: To show good awareness of others when playing games. LI: To throw and catch the ball with control. LI: To catch and gather the ball with control.</p>	<p><b>Basketball:</b> LI: To choose and use simple tactics to suit different situations. LI: To watch and describe a performance accurately. LI: To perform a variety of skills keeping the ball under control. LI: To throw a ball in different ways (high, low, fast, slow). LI: To master basic throwing technique and catch with increasing control and accuracy. LI: To apply tactics and skills in small sided games. LI: To show good awareness of others when playing games and to react to make it difficult for an opponent. <b>Gymnastics:</b> LI: To move in and out of positions of stillness by rolling and travel between positions of stillness in a variety of ways.</p>	<p><b>Football:</b> LI: To show good awareness of other when playing simple football games. LI: To perform a variety of skills keeping the ball under control. LI: To develop agility, balance and co-ordination when moving with a ball. LI: To dribble a ball with control, changing speed and direction. LI: To pass a ball with increasing accuracy, control and consistency to keep it from an opponent. LI: To apply skills and tactics to a game situation. <b>Badminton:</b> LI: To watch, track, throw overhead and catch a shuttle accurately. LI: To describe how to hold and grip the racket on forehand shots.</p>	<p><b>Athletics:</b> LI: To relate different stretching to specific athletic activities. LI: To throw and measure distances with a partner. LI: To race in a team over increasing distances. LI: To practise jumping and landing safely. LI: To include running and jumping activities together. LI: To compete against a partner. <b>Tennis:</b> LI: To engage in competitive physical activities against others and yourself. LI: To move with a tennis racket with control and perform a variety of skills keeping the ball under control. LI: To send and pass a ball with increasing accuracy and control.</p>	<p><b>Athletics:</b> LI: To explore different running, jumping and throwing techniques. LI: To develop co-ordination and balance in a range of activities. LI: To show an understanding of the correct running technique and demonstrate co-ordination and control. LI: To develop jumping technique and begin to evaluate own performance. LI: To develop a correct underarm throw and pull throw technique. LI: To understand the difference between sprinting and running over longer distances. LI: To apply skills and techniques to an athletics heat. <b>Rounders:</b> LI: To show good awareness of others and react to situations in a</p>

## Individually Strong, Collectively Stronger!



<p>understand the rules of uni-hoc.            LI: To develop agility, balance and co-ordination during uni-hoc.            LI: To perform a range of actions with control of the ball and recognise successful practice.            LI: To dribble a ball, with control, changing speed and direction.            LI: To send and pass a ball with increasing accuracy and consistency.            LI: To understand and describe changes to heart rate when playing a uni-hoc game.            LI: To react to situations and apply tactics to make a game difficult for opponents.            LI: To choose and use simple tactics in a uni-hoc game.</p>	<p>LI: To throw the ball in different ways (high, fast, slow) and to pass the ball to keep possession.            LI: To understand some rules of the games.            LI: To decide when and where to run to apply simple skills and tactics to a game.            LI: To know how to defend between the ball and the target.</p>	<p>LI: To link 3 positions of stillness to produce a short sequence and perform.            LI: To comment on sequences with positive achievements.            LI: To transfer body weight from low apparatus to the floor in different ways and using changes of direction.            LI: To work with a partner safely to match a range of balances and travels.            LI: To create a partner sequence using apparatus using travels and balances.            LI: To improve and perform sequences using apparatus.</p>	<p>LI: To balance the shuttle on the racket with some control.            LI: To control the shuttle close to them using a racket.            LI: To hit the shuttle in the air whilst in space.            LI: To serve forehand to a partner.            LI: To understand what a rally is and continue a rally in pairs.            LI: To hit the shuttle at different heights in the air.            LI: To understand the concept of aiming into space to beat an opponent.</p>	<p>LI: To perform a range of catching and gathering skills with control.            LI: To show good awareness of others when playing games and engage in cooperative activities.            LI: To understand and follow the rules of the game and apply tactics to different situations.</p>	<p>game to make it difficult for an opponent.            LI: To perform a range of catching and gathering skills with control.            LI: To catch with increasing control and accuracy.            LI: To hit a ball with increasing control and accuracy.            LI: To throw or hit a ball in different ways and understand that hitting the ball into space helps them score points.            LI: To participate in team games and apply tactics.            LI: To choose the correct skill to meet the challenge.</p>
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