

P.E.
 Year 2 – Summer Term
 Ball Skills
 Team Games
 Athletics



Links to other subject units this term	
There are links to PSHCE as we reinforce team skills and look at cooperating and considering others whom we play with and play opposite in a team game situations. There are also links to science as we understand what fitness is and why is important and experience some of the changes to our body that occur during exercise.	
Prior Learning	
The skills required to complete each of these physical activities will build upon those undertaken in Year 1.	
Key vocabulary for this unit	
Heart rate, agility, co-ordination, circuit, exercise, strength, aerobic, travel, technique, heart beat,	
Learning Sequence	
Preparing the body for exercise	<ul style="list-style-type: none"> • Understand what fitness means • Experience some of the changes that occur during exercise • Raise heart rate • Develop agility and co ordination • Perform simple patterns of movement
Circuit based activities	<ul style="list-style-type: none"> • Learn new moves and perform them with good technique and balance
Circuits	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities – star jumps, running on the spot, throw and catch, bend and stretch, ball pass.
Assessment milestones	
<ul style="list-style-type: none"> • 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 • Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. 	

