

P.E.
 Year 2 – Autumn Term
 Boot Camp



Links to other subject units this term	
This unit will link to the Jigsaw unit at the end of Term 2 - 'Healthy Me' as well as our science unit on 'Living Things' and what all humans need to survive.	
Prior Learning	
Know the importance of, and reasons for, warming up Parts of the body (Link to health) Why it is important to be fit What sorts of things can be done to keep fit What a circuit is, and why do one Basic circuit moves	
Key vocabulary for this unit	
heart rate, agility, co-ordination circuits, jacks, exercise, strength, aerobic travel, technique, heart beat	
Learning Sequence	
To understand how to prepare the body for exercise. To understand what fitness means.	<ul style="list-style-type: none"> • Experience some of the changes that occur during exercise • Raise heart rate • Develop agility and co-ordination • Perform simple patterns of movement
To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise.	<ul style="list-style-type: none"> • Learn new moves and perform them with good technique and balance

<p>To complete a circuit that includes activities practiced in Lessons 1 and 2.</p>	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities. • Discover which activities individuals find easy or difficult. • Develop agility and co-ordination • Perform simple patterns of movement
<p>To complete a circuit that includes activities practiced in Lessons 1-3 with balance and co-ordination.</p>	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities. • Improve on scores from Lesson 3 • Develop agility and co-ordination. • Perform simple patterns of movement.
<p>To complete a circuit that includes activities practiced in Lessons 1-4 with balance and co-ordination.</p>	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities. • Improve on scores from Lesson 4. • Develop agility and co-ordination. • Perform simple patterns of movement.
<p>To complete a circuit that includes activities practiced in Lessons 1-5</p>	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities. • To improve on scores from Lesson 5. • Develop agility and co-ordination. • Perform simple patterns of movement.
<p>Assessment milestones</p>	
<ul style="list-style-type: none"> • To develop movement skills, become increasingly competent and confident. • To access a broad range of opportunities to extend their agility, balance and coordination. • To engage in competitive (against self) physical activities • To master basic movements including running, jumping, throwing and catching • To perform simple patterns of movement 	