



What are the aims and intentions of this curriculum?

That children:

- Master basic movements including running, jumping, throwing and catching, as well as develop balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Term	Topic	Knowledge	Skills	Vocabulary
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 	<ul style="list-style-type: none"> • Twist • counter balance • counter tension • turn • Spins • Inversion • Synchronisation • pathway
Autumn 1	Target Games 3	<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 • To know how to hit with more force 	<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 • To strike a ball with a bat or racket at a target • To aim with accuracy at a target so it hits 	<ul style="list-style-type: none"> • standing foot • striking foot • Stance • Force • Accuracy • Target



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			<p>after a bounce</p> <ul style="list-style-type: none"> To throw flatter and with more force 	
Autumn 2	Fundamental movement skills 3	<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 	<ul style="list-style-type: none"> Cushion Dribble Vertical broad jump Relax Tense Signal Trap
Autumn 2	Gymnastics - Stretching	<ul style="list-style-type: none"> To know what a curled shape looks like To know what points are To know how to perform arches To know the difference between stretching and curling To know how to share apparatus and space with others To know that timing is important in a routine 	<ul style="list-style-type: none"> To travel in curled positions To support own bodyweight in curled positions To stretch whilst balanced To create a sequence with seamless transitions To stretch and curl whilst performing To form front and back supports To perform a sequence with clear starting and finishing points 	<ul style="list-style-type: none"> Curled Points Stretching front support back support Arch
Spring 1	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 	<ul style="list-style-type: none"> Theme mind map Shapes Sequence Feedback Creative Communicate



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			<ul style="list-style-type: none"> To give supportive feedback 	
Spring 1	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 	<ul style="list-style-type: none"> Travel Signal dummy pass close space Dodge Space Possession Communicate track
Spring 2	Badminton	<ul style="list-style-type: none"> To know how to hold a forehand grip To know how to hold a backhand grip To know how to move in different ways (lunge, chasse) To know to hold a shuttle correctly when preparing to serve underarm To know to stand sideways when preparing for an overarm shot 	<ul style="list-style-type: none"> To use an appropriate grip for playing forehand and backhand shots To move in different ways (lunge, chasse) To retain balance To use an appropriate thumb grip when holding the shuttle To perform an underarm serve To make contact with the shuttle using an appropriate hitting contact 	<ul style="list-style-type: none"> Shuttle Chasse Lunge Forehand Backhand Grip
Spring 2	Gymnastics - Pathways	<ul style="list-style-type: none"> To know how to take off from one foot and then jump To know how to land safely To know what a zig zag pathway is To know the importance of level and direction To know what mirroring is 	<ul style="list-style-type: none"> To run and jump through 90, 180 and 270 degrees To perform a sequence in different pathways To work at all 3 levels To travel backwards and sideways as part of a sequence 	<ul style="list-style-type: none"> Pathways Levels 90 degrees 180 degrees 270 degrees Link Synchrony



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		<ul style="list-style-type: none"> To know how to perform in synchrony with a partner 	<ul style="list-style-type: none"> To link movements together well 	<ul style="list-style-type: none"> zig zag
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 	<ul style="list-style-type: none"> Track Volley Serve forehand Backhand Rally Strike
Summer 1	Striking and fielding 2	<ul style="list-style-type: none"> To know how to bowl underarm To know the stance to adopt when wicketkeeping To know how to perform a barrier To know the correct technique for throwing overarm To know why it is important to back throws up in the field To know the importance of good communication between batters and fielders 	<ul style="list-style-type: none"> To catch a ball after one bounce To strike a ball off a tee To pick up a ball one handed To back up teammates in the field To make a long barrier To chase a ball and throw it accurately To play a game applying the skills 	<ul style="list-style-type: none"> Bowl Barrier Overarm back up fielding
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 	<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 	<ul style="list-style-type: none"> Leap Jump Hop Increase Anticipate



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		<p>a jump</p> <ul style="list-style-type: none"> 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 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 	<ul style="list-style-type: none"> Landing Cushion technique
Summer 2	<u>Tri Golf</u>	<ul style="list-style-type: none"> To know how far to draw the club back when putting To know what a back swing is To know to keep eyes on the ball when swinging To know what the tick tock technique is To know the importance of keeping head still and trying not to hit the ball too hard 	<ul style="list-style-type: none"> To Grip a golf club appropriately and adopt a stance to strike the ball To putt a ball towards a target To change the amount of force depending on putting up hill or downhill To get some height with an iron shot To drive for distance 	<ul style="list-style-type: none"> Grip stance putt swing iron drive tick tock technique
		<p>Vocabulary: Grip, stance, putt, swing, iron, drive, tick tock technique</p>		