

Autumn 1 Year 2 PE overview

Key facts

Children will be focussing on these key skills:

- Encouragement of others
- Perseverance. Trying several times if at first they don't succeed.
- Assessment and evaluation of their own skills
- Working on simple tasks by themselves.
- Balance, control and smooth movements.

Prior Knowledge

Children will have worked on personal skills in last years PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Personal

Key Vocabulary

Safety
Success
Perseverance
Effort

Brief summary/ overview

In this unit, children will focus on the personal aspect of PE, such as: Challenging themselves, trying their hardest and evaluating the progress they have made.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Resources

Cones/Markers
Balls
Hoops

Cross curricular links/visits

PSHE – Personal goals and progress

Autumn 2 Year 2 PE overview

Key facts

Children will be focussing on these skills:

- Praising others
- Working sensibly with others, taking turns and sharing.
- Working sensibly with others.
- Use positive words when others do well.
- Use positive gestures/words to keep others going.

Additionally, while jumping:

- Good take off and height.
- Balance and control on landing.
- Soft landings.

Social

Prior Knowledge

Children will have worked on social skills in last year's PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Key Vocabulary

Praise
Teamwork
Support
Coaching
Listening

Brief summary/ overview

In this unit, children will focus on the social aspect of PE, such as: Praising others, turn taking, sharing and working sensibly with others.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Resources

Cones
Balls
Stepping stone mats

Cross curricular links/visits

PSHE – Personal goals and progress

Spring 1 Year 2 PE overview

Key facts

Children will be focussing on these skills:

- Name some things they are good at.
- I can explain why someone is working or performing well.
- Recognising similarities and differences in performance.
- Identify areas for improvement.

Additionally, while balancing:

- Smooth movements and minimum wobble.
- Staying on the line with head up.
- Opposite arm and leg moving forwards.

Cognitive Skills

Brief summary/ overview

In this unit, children will focus on the cognitive aspect of PE, such as: Recognising their own strengths and weaknesses, explaining why someone is working or performing well and recognising similarities and differences in performance.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Prior Knowledge

Children will have worked on social skills in last year's PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Key Vocabulary

Coaching
Balance
Steady
Review
Evaluate
Apply

Resources

Cones
Balls
Bean bags
Hoops

Cross curricular links/visits

PSHE

Spring 2 Year 2 PE overview

Key facts

Children will be focussing on these skills:

- Select and link movements together to fit a theme.
- Begin to compare my movements and skills with those of others.
- Explore and describe different movements.

Additionally, while practicing ball skills:

- Maintaining control of the ball.
- Able to work ball in both directions.
- Smooth movements with the ball.

Creative Skills

Prior Knowledge

Children will have worked on creative skills in last year's PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Key Vocabulary

Coaching
Control
Steady
Review
Evaluate
Apply

Brief summary/ overview

In this unit, children will focus on the creative aspect of PE, such as: Explore and describe different movements, select and link movements together to fit and theme, begin to compare my movements and skills with those of others, recognise similarities and differences in movements and expression.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Resources

Cones
Balls
Bean bags
Hoops

Cross curricular links/visits

PSHE

Summer 1 Year 2 PE overview

Key facts

Children will be focussing on these skills:

- Performing a sequence of movements with some changes in level, direction or speed.
- Perform a range of skills with some control and consistency.
- Perform a single skill or movement with control.

Additionally, while passing balls:

- Accuracy and weight when sending.
- Getting in a good position to receive.
- Collecting the ball safely.

Physical Skills

Prior Knowledge

Children will have worked on physical skills in last year's PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Key Vocabulary

Sequence
Repeat
Control
Movement
Consistency

Brief summary/ overview

In this unit, children will focus on the creative aspect of PE, such as: Coordination and agility, applying skills with control and consistence, performing sequences of movements.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Resources

Cones
Balls
Hoops

Cross curricular links/visits

PSHE

Summer 2 Year 2 PE overview

Key facts

Children will be focussing on these key facts:

- Exercise helps us develop stronger bones and muscles which is good for our health.
- Changes to the body during and after exercise include increased heart rate - it beats faster as we work harder.
- Moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints.

Additionally, while developing their skills:

- Starting and stopping quickly
- Timing to get in the right position
- Balance/control when collecting balls.

Health and Fitness

Prior Knowledge

Children will have worked on health and fitness skills in last year's PE lessons, will have explored them in PSHE and may have some background knowledge of the topic from home.

Key Vocabulary

Brief summary/ overview

In this unit, children will focus on the creative aspect of PE, such as: awareness of why exercise is important for good health, use equipment appropriately and move and land safely, say how your body feels before, during and after exercise.

They will be asked to consider where they currently are with their learning, ask for help when appropriate and identify their own goals and targets to work on.

Cross curricular links/visits

PSHE

Resources

Cones
Balls
Hoops