



# Moorside Primary School

## Year 2 PE Overview

National Curriculum reference	Dance	Individual Sports	Team Sports	OAA and Health Related Fitness
	Perform dances using simple movement patterns.	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.	Participate in team games developing simple tactics for attacking and defending.	
Knowledge	<p>Can create a simple dance phrase using actions such as jump, travel, turn, <b>gesture and stillness</b>.</p> <p>Can recognise timing, identifying 8 beats in a bar. Children know how to <b>improve dance through timing</b>.</p> <p>Knows how to recognise corrections on others and give <b>constructive feedback</b> to their peers.</p>	<p><b>Gymnastics</b></p> <p>Can warm up effectively, involving <b>stretching</b> exercises that help warm up the key muscles groups. <b>Conditioning</b> exercises are performed to help build strength and stamina.</p> <p>Can <b>explain</b> the technical process involved in executing Jumps, Balances and Rolls.</p> <p>Can change direction (<b>right to left</b>, forwards and backwards), work at different levels (<b>high, medium, low</b>) and use <b>floor space imaginatively</b> during improvisation exercises.</p> <p>Can work safely alongside others whilst travelling in a <b>variety</b> of ways.</p> <p>Can identify and demonstrate the following Shapes: Straight, Tuck, Star, Landing shape, <b>Pike</b> and <b>Straddle</b>.</p> <p>Can identify and demonstrate the following Balances: 1-point balances: <b>Arabesque</b>, <b>Flamingo</b> and <b>introduction to a Dish and an Arch</b>.</p> <p>Can identify and demonstrate the following Jumps: Straight, Tuck, Star, <b>Straddle</b> and <b>Half Turn</b>.</p>	<p><b>Invasion Games</b></p> <p>Can send and receive the ball over an <b>increased distance in partners and groups</b>.</p> <p>Can <b>move into space to receive a ball</b> from a teammate.</p> <p>Can change direction on command of teacher or teammates and can identify and begin to <b>demonstrate dribbling and shooting technique</b> for accuracy.</p> <p>Can identify tactics within a game scenario to <b>help slow down an attack</b>.</p> <p><b>Striking and Fielding Games</b></p> <p>Can <b>strike a ball using a bat</b>, off a tee perched on a stump.</p> <p>Can get into a <b>ready position</b> with a bat to hit the ball successfully.</p> <p>Children can <b>begin to call and run</b> between wickets/bases (cone drills) – sliding bat over the line.</p> <p>Can stop and pick up ball whilst starting to use the <b>long barrier</b>.</p> <p>Can <b>identify and use</b> underarm (shorter distances) and overarm (longer</p>	<p><b>OAA</b></p> <p>Children can demonstrate simple map reading and find clues – can work <b>individually and as a team</b> whilst doing this.</p> <p>Can <b>solve simple problems by working together</b> – planning, performing and communicating clearly to others in the process.</p> <p><b>Health Related Fitness</b> N/A</p>



# Moorside Primary School

## Year 2 PE Overview

		<p>Can identify and demonstrate the following Rolls: Pencil, Egg and <b>Forwards Roll</b>.</p> <p><b>Athletics</b></p> <p>Can demonstrate a Standing long jump whilst identifying some <b>teaching points</b>.</p> <p>Run and jump low and <b>medium sized</b> hurdles over a course.</p> <p>Can <b>Sprint over an increased distance</b> with a ready start at the beginning and <b>dip finish</b> over the finish line.</p> <p>Children can demonstrate a standing overarm throw for distance, <b>using a sideways position</b>.</p>	<p>distances) throwing in the correct situation.</p> <p><b>Net &amp; Wall Games</b></p> <p>Can get into a ready position with a racket, moving forwards, backwards and <b>sideways</b>.</p> <p>Can keep ball balanced on racket and <b>under control</b> during drills and races.</p> <p>Can strike a ball using <b>forehand stroke</b>.</p> <p>Can <b>attempt a 1 on 1 rally</b> with a partner.</p> <p><b>Target Games</b></p> <p>Can roll and strike a ball at a target with some <b>degree of accuracy</b> – using both hands/feet.</p> <p>Can aim for a target using some <b>degree of accuracy</b> using overarm and underarm throwing.</p> <p>Can bounce a ball with some <b>degree of accuracy</b>, demonstrating the correct 'push' technique.</p>	
--	--	--	---	--