



## Year 2 - Progression of Knowledge and Skills- PE

Term	Knowledge	Skills
<p data-bbox="244 458 417 494"><b>Autumn 1</b></p> <p data-bbox="201 576 461 791"><b>Topic: Invasion Games</b> (Sending and Receiving)</p> <p data-bbox="155 872 512 1086">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p data-bbox="550 398 1327 534"><b>Sending &amp; Receiving:</b> know to control the ball before sending it. Know that stepping with opposite foot to throwing arm will help me to balance.</p> <p data-bbox="550 551 1378 636"><b>Catching:</b> know to use wide fingers and pull the ball into my chest to help to securely catch.</p> <p data-bbox="550 654 1378 739"><b>Tracking:</b> know that it is easier to move towards a ball to track it than chase it.</p> <p data-bbox="550 756 1378 842"><b>Dribbling:</b> know that keeping my head up will help me to know where defenders are.</p> <p data-bbox="550 859 1403 945"><b>Space:</b> know that moving into space away from defenders helps me to pass and receive a ball.</p> <p data-bbox="550 962 1352 1048"><b>Attacking:</b> know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p data-bbox="550 1065 1391 1150"><b>Defending:</b> know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p data-bbox="550 1168 1378 1303"><b>Rules:</b> know how to score points and follow simple rules.</p>	<p data-bbox="1434 398 2211 484"><b>Sending &amp; Receiving:</b> developing S&amp;R with increased control. Roll, throw and kick a ball to hit a target.</p> <p data-bbox="1434 501 2249 586"><b>Catching:</b> develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p data-bbox="1434 604 2262 689"><b>Tracking:</b> consistently track and collect a ball being sent directly.</p> <p data-bbox="1434 706 2219 792"><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p data-bbox="1434 861 2206 896"><b>Space:</b> explore moving into space away from others.</p> <p data-bbox="1434 913 2193 999"><b>Attacking:</b> developing moving into space away from defenders.</p> <p data-bbox="1434 1016 2244 1102"><b>Defending:</b> explore staying close to other players to try and stop them getting the ball.</p> <p data-bbox="1434 1170 2257 1358"><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;"><b>Autumn 2</b></p> <p style="text-align: center;"><b>Topic: Gymnastics</b></p> <p style="text-align: center;"><b>Balance &amp; Co-ordination</b></p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Shapes:</b> know that some shapes link well together.</p> <p><b>Balances:</b> know that balances should be held for 5 seconds. Understand that squeezing my muscles helps me to balance.</p> <p><b>Rolls:</b> know that I can use different shapes to roll. Understand that there are different teaching points for different types of rolls.</p> <p><b>Jumps:</b> know that landing on the balls of my feet helps me to land with control. Understand that looking forward will help me to land with control.</p> <p><b>Strategy:</b> know that if I use shapes that link well together it will help my sequence to flow.</p>	<p><b>Shapes:</b> explore using shapes in different gymnastic balances.</p> <p><b>Balances:</b> remember, repeat and link combinations of gymnastic balances.</p> <p><b>Rolls:</b> explore barrel, straight and forward roll and put into sequence work.</p> <p><b>Jumps:</b> explore shape jumps and take off combinations.</p> <p><b>Health and fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p style="text-align: center;"><b>Spring 1</b></p> <p style="text-align: center;"><b>Topic: Dance</b></p> <p>Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Actions:</b> know that sequencing actions in a particular order will help me to tell the story of my dance.</p> <p><b>Dynamics:</b> understand that I can change the way I perform actions to show an idea.</p> <p><b>Space:</b> know that I can use different directions, pathways and levels in my dance.</p> <p><b>Relationships:</b> know that using counts of 8 will help me to stay in time with my partner and the music.</p> <p><b>Performance:</b> know that using facial expressions helps to show the mood of my dance.</p> <p><b>Strategy:</b> know that if I show sensitivity to the music, my performance will look more complete.</p> <p><b>Safety:</b> Know how to set out and put away equipment safely.</p>	<p><b>Actions:</b> accurately remember, repeat and link actions to express an idea.</p> <p><b>Dynamics:</b> develop an understanding of dynamics.</p> <p><b>Space:</b> develop the use of pathways and travelling actions to include levels.</p> <p><b>Relationships:</b> explore working with a partner using unison, matching and mirroring.</p> <p><b>Performance:</b> develop the use of facial expressions in my performance.</p> <p><b>Health and Fitness:</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b>Topic: Games Net and Wall Volleyball, Badminton, Tennis</b></p> <p style="text-align: center;"><b>Motor Competence</b> <b>Rules, Strategies and Tactics</b> <b>Healthy Participation</b></p>	<p><b>Shots:</b> know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p><b>Rallying:</b> know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p><b>Footwork:</b> know that moving to the middle of my court will enable me to cover the most space.</p> <p><b>Tactics:</b> know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p> <p><b>Rules:</b> know the rules of the game and begin to apply them.</p>	<p><b>Shots:</b> develop hitting a dropped ball over a net.</p> <p><b>Feeding:</b> accurately underarm throw over a net to a partner.</p> <p><b>Rallying:</b> explore underarm rallying with a partner catching after one bounce.</p> <p><b>Footwork:</b> consistently use the ready position to move towards a ball.</p> <p><b>Health and Fitness:</b> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.</p>



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<p style="text-align: center;"><b>Summer 1</b></p> <p style="text-align: center;"><b>Topic: Athletics</b></p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Running:</b> know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p><b>Jumping:</b> know that swinging my arms forwards will help me to jump further.</p> <p><b>Throwing:</b> know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p><b>Rules:</b> know how to follow simple rules when working with others.</p> <p><b>Strength:</b> know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p><b>Stamina:</b> understand that I may need to pace myself.</p>	<p><b>Running:</b> develop the sprinting action. Explore running at different speeds.</p> <p><b>Jumping:</b> develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.</p> <p><b>Throwing:</b> develop overarm throwing for distance. Explore throwing for distance and accuracy.</p> <p><b>Health and fitness:</b> Explain why it is important to warm up and cool down.</p> <p><b>Compete/Perform:</b> Compete against self and others in a controlled manner.</p>



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<p style="text-align: center;"><b>Summer 2</b></p> <p style="text-align: center;"><b>Topic:</b> Ball Skills Outdoor Adventure</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p><b>Sending:</b> know that stepping with opposite foot to throwing arm will help me to balance.</p> <p><b>Catching:</b> know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p><b>Tracking:</b> know that it is easier to move towards a ball to track it than chase it.</p> <p><b>Dribbling:</b> know to keep my head up when dribbling to see space/opponents.</p> <p><b>Problem solving:</b> know that listening to each other's ideas might give us an idea we hadn't thought of.</p> <p><b>Navigational skills:</b> understand that the map tells us what to do</p> <p><b>Communication:</b> know to use encouraging words when speaking to a partner or group to help them to trust me.</p> <p><b>Reflection:</b> verbalise when I am successful and areas that I could improve.</p> <p><b>Rules:</b> know how to follow and apply simple rules.</p>	<p><b>Sending:</b> roll, throw and kick a ball to hit a target.</p> <p><b>Catching:</b> develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p><b>Tracking:</b> consistently track and collect a ball being sent directly.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Health and fitness:</b> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.</p> <p><b>Problem solving:</b> begin to plan and apply strategies to overcome a challenge.</p> <p><b>Navigational skills:</b> follow and create a simple diagram/map.</p> <p><b>Communication:</b> work cooperatively with a partner and a small group.</p>