

## Year 2 Spring



### Gymnastics – Balance

<u>PE skills for this unit</u>	
<b>Age Related Expectations:</b> <ul style="list-style-type: none"><li>• Explores and creates different pathways and patterns.</li><li>• Uses equipment in a variety of ways to create a sequence</li><li>• Link movements together to create a sequence</li><li>• Describes their own work using simple gym vocabulary.</li><li>• Beginning to notice similarities and differences between sequences.</li><li>• Beginning to show flexibility in movements</li><li>• Beginning to develop good technique when linking, balancing, using equipment etc</li></ul>	
<b>Knowledge for this unit</b> <ul style="list-style-type: none"><li>• Body tension</li><li>• Hold balance for three seconds</li><li>• Body parts Two feet (flat) Toes - pointed Shoulder Hands Bottom</li><li>• Individual work building up from 2s to group work</li><li>• Aesthetically pleasing movements</li><li>• Appreciation of peers' performances</li><li>• Development from mat to apparatus</li></ul>	<b>Previous learning:</b> <ul style="list-style-type: none"><li>• Copies and explores basic movements with some control and coordination.</li><li>• Can perform different body shapes</li><li>• Performs at different levels</li><li>• Can perform 2 footed jump</li><li>• Can use equipment safely</li><li>• Balances with some control</li><li>• Can link 2-3 simple movements</li></ul> <b>Vocabulary</b> <ul style="list-style-type: none"><li>• Balance - An even distribution of weight enabling someone or something to remain upright and steady</li><li>• Apparatus - the technical equipment or machinery needed for a particular activity or purpose.</li><li>• Sequence – a particular order in which related things follow each other.</li><li>• Skill - a gymnastics skill is a single move.</li></ul>

### Games – Striking and Fielding

<u>PE skills for this unit</u>	
<b>Age Related Expectations:</b> <ul style="list-style-type: none"><li>• Pupils develop their understanding of the principles of striking and fielding games.</li><li>• They develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball.</li><li>• They begin to self manage small sided games. Pupils learn how to score points and play to the rules.</li><li>• Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition appropriate to the situation.</li></ul>	
<b>Knowledge for this unit</b> <ul style="list-style-type: none"><li>• How to hold a bat correctly and body position – shake hands with the bat</li><li>• How to bowl at a set target – bowling opposite arm to leg</li><li>• Hitting the ball/beanbag</li></ul>	<b>Previous learning:</b> <p>Pupils develop their basic understanding of striking and fielding games They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three.</p>

- Knowing when to run
- Teamwork with bowler and fielder
- Stopping the balloon floor
- Mini games of bowler, batter, fielder, backstop/wicket keeper
- Catching the ball
- Running around set bases to score points.
- Keep eye on the ball when batting and catching

They learn how to score. They show respect towards others when playing competitively and develop communication skills.

**Vocabulary**

- Bowling
- Fielder
- Batter
- Backstop
- Wicket keeper
- Body long
- Striking
- Spatial awareness