

Physical Education in Year 2

Focus: Games

- ✓ I can throw different types of equipment in different ways, for accuracy and distance.
- ✓ I can strike or hit a ball with increasing control.
- ✓ I can use kicking skills in a game and kick a ball whilst moving
- ✓ I know how to pass the ball in different ways.

Focus: Athletics

- ✓ I can complete an obstacle course.
- ✓ I can throw different types of equipment in different ways, for accuracy and distance.
- ✓ I can run at different paces, describing the different paces.
- ✓ I can perform and compare different types of jumps.

Focus: Dance

- ✓ I can copy, repeat and remember actions.
- ✓ I can change the speed and level of my actions.
- ✓ I can use different transitions in routines.
- ✓ I can move in time to music.

Focus: Gymnastics

- ✓ I can carry out a jump (Straight jump, Tuck jump, Jumping jack, Half turn jump, Cat spring and Cat spring to straddle)
- ✓ I can carry out controlled rolls (Log roll, Curled side roll, Teddy bear roll, Rocking for forward roll Crouched forward roll)
- ✓ I can hurdle step onto springboard, straight jump off springboard and tuck jump off springboard
- ✓ I can Jump in a variety of ways and land with increasing control and balance.

Focus: Health and Fitness knowledge

- ✓ I can recognise and describe how the body feels during and after different physical activities.
- ✓ I can explain what I need to stay healthy.
- ✓ I can climb onto and jump off the equipment safely.

