

Physical Education Year 2	
Physical skills	• Master a range of fundamental skills with control and consistency including running, jumping, throwing and catching • Perform and repeat longer sequence of dance movements with changes in level, direction and speed with control and consistency • Perform balance, agility and co-ordination skills in a range of activities with increasing control and accuracy • Select and apply a range of skills in a range of attacking and defending games
Cognitive and creative skills	• Order and follow instructions, movements and skills • Recognise similarities and differences in performance and explain why someone/something is working and suggest areas of improvement • Analyse their own performance • Understand the simple tactics of attacking and defending games • Select and link movements together to fit a theme
Personal skills	• Develop a good sportsmanship behaviour • Develop confidence and resilience and compete against themselves and others • Accurately know where their learning is at and begin to challenge themselves
Health and Fitness Skills	• Know why exercise is important for good health • Say how the body feels before, during and after exercise • Use equipment safely and appropriately with safe landings • Explain the need for a warm up and a cool down
Key vocabulary	Related Vocabulary
Greater Depth:	• Make up their own rules and versions of an activity • Respond differently to a variety of tasks and music and develop their own movements and expression • Know the difference between tension and relaxation in the body • Demonstrate competency in flexibility, strength and body control • Individual talents and interests (in and out of school) are enhanced
Topic/Novel Link:	

Defined End Point
- Develop competence to excel in a widening range of physical activities - Understand how to lead healthy, active lives - The impact of diet and fitness