

Physical Education Overview 2017-18



Year 2	Objectives
Dance and Movement	<ul style="list-style-type: none"> • Can link several movements together with control and co-ordination • talk about different stimuli as the starting point for creating dance phrases and short dances • explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements • Compose and perform dance phrases and short dances that express communicate moods, ideas and feelings • remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness
Games	<ul style="list-style-type: none"> • Pass a ball accurately to a over a variety of distances partner • perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control • show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run • They vary skills and show some understanding of simple tactics • choose and use tactics to suit different situations • react to situations in a way that helps their partners and makes it difficult for their opponents
Gymnastics	<ul style="list-style-type: none"> • Perform a variety of actions with increasing control • repeat accurately sequences of gymnastic actions • move smoothly from a position of stillness to a travelling movement • move smoothly and in a controlled way from one position of stillness to another • Choose, use and vary simple compositional ideas to create and perform a sequence • Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end • Adapt the sequence to include apparatus or a partner • use different combinations of floor, mats and apparatus, showing control, accuracy and fluency
Athletics	<ul style="list-style-type: none"> • Change speed and direction, link running and jumping, throw accurately • Choose when to run and when to jump. • Select which throwing technique to use for accuracy and distance
Evaluating and improving performance	<ul style="list-style-type: none"> • talk about differences between their own and others' performance and suggest improvements
Knowledge and understanding of fitness and health.	<ul style="list-style-type: none"> • understand how to exercise and describe how their bodies feel during different activities.