



Physical Education

Dance: Explorers

Unit Purpose

The unit of work will develop pupil's ability to create and develop their characters, adding movements, **expression** and **emotion** to their performance.

Pupils will be able to create a **motif** and will develop their motifs with a partner to include some different elements of **choreography**.

Inspire Me

Did you know... that on May 29th, 1953, Sir Edmund Hillary reached the 29,035-foot summit of Mount Everest, becoming the first person to stand on top of the world's highest mountain.



Key Success Criteria

- P** Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.
- C** Pupils will refine their application of life skills such as curiosity and imagination as they create a range of movements linked to a variety of characters.
- S** Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences.
- W** Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.

Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Emotion: refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.



Sport Specific Vocabulary

Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Motif: is a series of movements that are repeated.





Physical Education

Gymnastics Year 2

Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together while travelling along a variety of pathways.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.

Inspire Me

Beth Tweddle MBE was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.



Key Success Criteria

- P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

Vocabulary for Learning

Champion Gymnastics: Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/balances.

Linking: This means successfully adding two movements together so that they flow one after the other.

Flow: This is when a gymnast moves from one action to another without stopping.

Transition: The term transition means to move into and out of basic movements, actions or balances.



Sport Specific Vocabulary

Zig-Zag: This means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.

Curved: This means a line or outline which gradually deviates from being straight for some or all of its length. Pupils can follow this line as they create movements.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

Self Motivation

Application on apparatus

Evaluation

Introduction to Asymmetry

Introduction to Symmetry

Transition to Year 3

Exploring zig-zag pathways

Exploring curved pathways

Year 2 Learning Journey

Imagination

Exploring zig-zag pathways on apparatus

Empathy

Developing curved pathways on apparatus

Self Belief

Creating pathway sequences



Physical Education

Team Building Year 2

Unit Purpose

The unit of work will develop pupils' ability to apply effective **teamwork**, ensuring that everyone is **included** and **understands** their role.

Pupils will begin to develop and **apply** simple **strategies** to **solve** problems.

Inspire Me

Did you know... geese fly in a V-formation with the strongest geese leading at the front. This makes it easier for the smaller or weaker geese following. They also 'honk' to motivate and encourage those who are getting tired.



Key Success Criteria

- P** Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.
- C** Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.
- S** Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.
- W** Pupils will develop life skills such as courage and self belief as they strive to complete the different challenges, adapting strategies and never giving up.

Vocabulary for Learning

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Inclusion: Inclusion means to included everyone in the activity or within a team no matter their ability. No one should be left out.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.



Sport Specific Vocabulary

Courage: means being brave enough to try something even when we find it scary or difficult.

Motivation: are the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.





Physical Education

Ball Skills Hands 1 Year 2

Unit Purpose

The unit of work will challenge pupils to **combine** their developing dribbling, passing and receiving skills in order to **keep possession** and score a point.

Pupils will apply these skills in teams in various games and activities.

Inspire Me

Did you know... The most bounces of a basketball in one minute is 708! This record was achieved by Leon Walraven from Netherlands, on 20 February 2019.



Key Success Criteria

- P** Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.
- C** Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.
- W** Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Opponent: means a player on the other team. If we are an attacker dribbling we need to keep the ball away from the defender who is our opponent.

Team: is a group of players from one side who come together to try and achieve a common goal.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the space.

Chest Pass: Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.

