



# Physical Education

## Ball Skills Hands 2 Year 2

### Unit Purpose

The unit of work will challenge pupils to apply their understanding of **underarm** and **overarm throwing** to beat their opponents.

Pupils will further extend their understanding of why we need to be accurate when we throw.

### Inspire Me

**Did you know...** the world record for throwing a cricket ball stands at 128.6metres - that's an incredible 140 yards and two feet.



### Key Success Criteria

- P** Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.
- 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 life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession or in control of the ball.

**Defender:** We are considered a 'defender' when we are not in possession or in control of the ball.

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs or rounders. The aim of the game for the batter (attacking team) is to score as many runs or rounders as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring runs or a rounder.

**Space:** is an open area on the court that is unoccupied by your opponent or the defending team.



### Sport Specific Vocabulary

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the ball with our hands when it is hit or thrown to us, usually before it touches the ground.





# Physical Education

## Jumping Year 2

### Unit Purpose

The unit of work will challenge pupils to apply their prior learning of how to jump and use this to **jump in combination** and **link jumps**.

Pupils will continue to develop their ability to apply jumping in games.

### Inspire Me

The mens world record for the triple jump (hop, skip and a jump) is held by by **Jonathan Edwards**, who jumped 18.29m in 1995. The womens world record is held by **Inessa Kravets**, who jumped 15.50m in 1995.



### Key Success Criteria

- P** Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also within games.
- C** Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping.
- S** Pupils will develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others.
- W** Pupils will consistently apply life skills such as self belief and honesty as they play within the rules of the game and jump confidently.

### Vocabulary for Learning

**Jumping:** is a form of moving where we use our body to propel ourselves off a surface and into the air.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has jumped.

**Space:** is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.

**Attacker:** We are considered an 'attacker' when we are trying to move into space to avoid being caught by a defender.

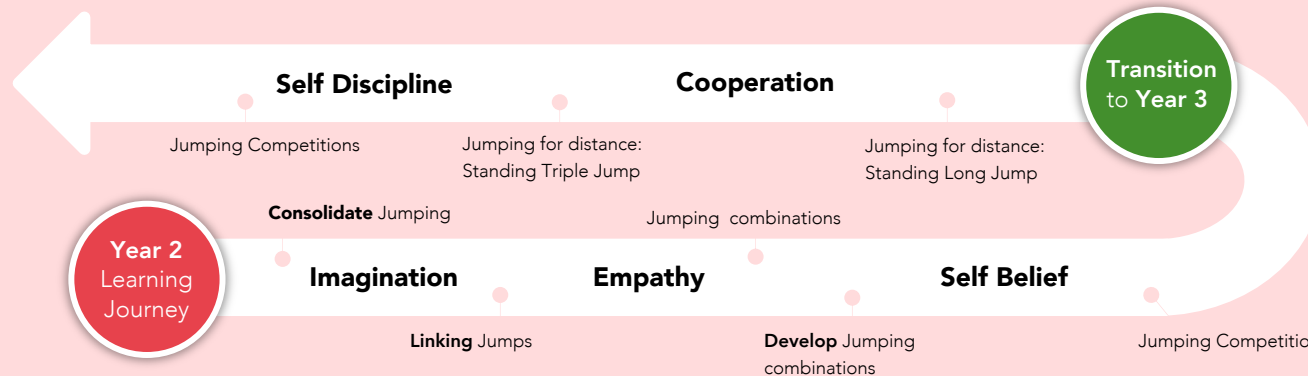
**Defender:** We are considered a 'defender' when we are trying to catch an attacker.



### Sport Specific Vocabulary

**Speed:** Is the ability to move all or part of the body as quickly as possible.

**Landing:** Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.





# 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

Rackets, Bats and Balls Year 2

## Unit Purpose

The focus of the learning is for pupils to **refine** their understanding of how they can use their **hitting (striking)** skills to send the ball into space in order to win a game.

Pupils will refine this understanding of why in certain games, **hitting into space** is essential in order to score points against the opposing team.

## Inspire Me

**Did you know...** that the fastest serve (hitting a tennis ball) ever recorded is 163.7 mph by Sam Groth of Australia. This is equivalent to the same speed as a helicopter flying in the sky.



## Key Success Criteria

- P** Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.
- C** Pupils will understand why it is so important to hit the ball into space and apply this understanding as they outwit their opponents.
- S** Pupils will continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved.
- W** Pupils will show determination and self motivation as they strive to improve and show a positive attitude in their learning.

## Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we are in possession of the ball or in control of the ball. Our aim is to keep or direct 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.

**Accuracy:** is the ability to control where we are pushing or hitting the ball with our racket or bat.

**Power:** is the intensity and speed that we hit a ball with our racket or bat



## Sport Specific Vocabulary

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

