



Physical Education

Locomotion Year 2

Unit Purpose

The unit of work will challenge pupils to apply their **knowledge** of how, where and why to **dodge**.

Pupils will learn the roles of **attacking** and **defending** and start to **understand** when we attack and when we defend while using their dodging skills.

Inspire Me

Did you know... that the foot and ankle are made up of 26 bones, 33 joints and over 100 muscles, tendons and ligaments. Every time you take a step your body uses over 200 different muscles!



Key Success Criteria

- P** Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.
- C** Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.
- S** Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.
- W** Pupils will develop life skills such as honesty and self belief as they strive to dodge effectively and keep the score in their games.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Dodge: is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.

Integrity

Respect

Transition to Year 3

Apply running in games

Running for distance

Running for speed

Explore dodging

Apply dodging in teams

Year 2 Learning Journey

Courage

Gratitude

Problem Solving

Develop dodging

Apply dodging: Attacking and defending

Consolidate dodging



Physical Education

Health and Wellbeing Year 2

Unit Purpose

The unit of work will consolidate pupils' understanding of **agility, balance** and **co-ordination**, applying these elements of fitness in a variety of activities.

Pupils will perform circuits, understanding how **motivation** can enhance **performance**.

Inspire Me

"Never let your head hang down. Never give up and sit down, always try to find another way."

By Satchel Paige a Baseball Player



Key Success Criteria

- P** Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.
- C** Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.
- S** Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.
- W** Pupils will apply honesty and self belief as they continue to improve their performances and keep their score.

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. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

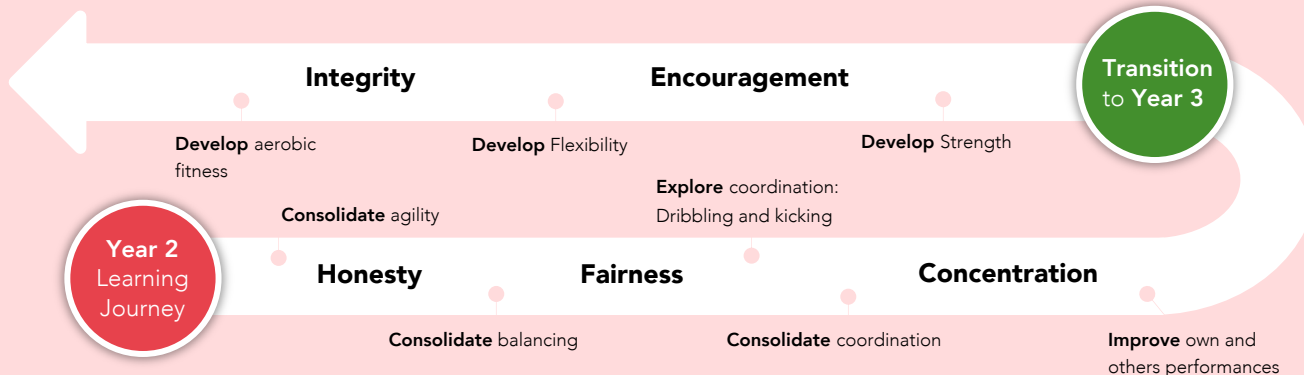
Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball using our hands or feet. The attacker in possession of will continuously bounces the ball with their hands or kick the ball keeping it close to them with their feet.

Warm Up: Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.





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

Games For Understanding

Unit Purpose

The unit of work will challenge pupils to create simple **defending** and **attacking tactics**, while continuing to develop an understanding of the **transition** from defence to attack.

Pupils will apply these tactics as a team into games.

Inspire Me

Did you know... on average an NBA basketball team will have 85 shots per game. This means that a team could be attacking 85 times, but also means they could be defending upto 85 times too!



Key Success Criteria

- P** Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.
- C** Pupils will understand the consequences of breaking the rules and not applying tactics successfully. Pupils will understand the difference between attack and defense.
- S** Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition.
- W** Pupils will apply a competent understanding of honesty as they play by the rules and keep the score. Pupils will develop understanding of self discipline.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aim of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.

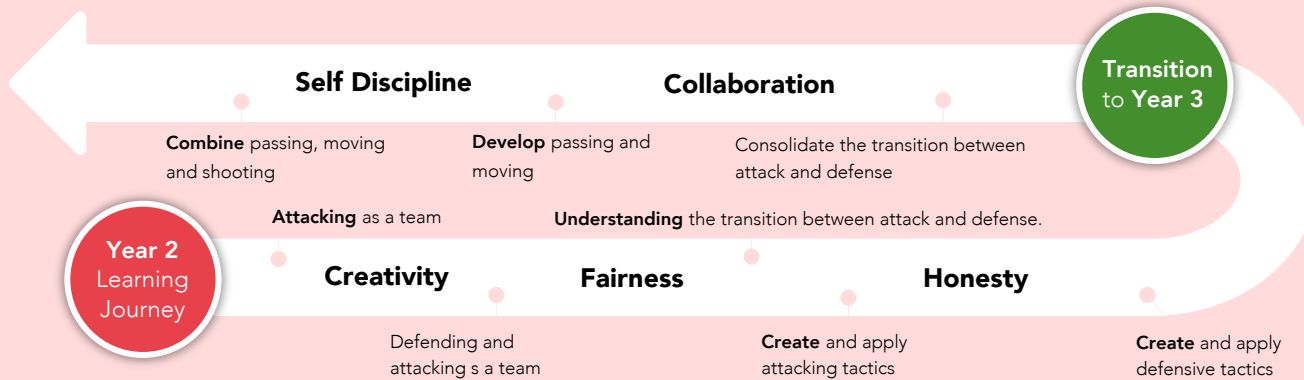


Sport Specific Vocabulary

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Team: A team is a group of people who work together with the objective of achieving the same a goal.





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.

