



St. Mark's Primary School P.E. Learning Journey – Year 2



Games (Spring 2)

In this unit we will improve and apply our basic skills in games and then play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points, as we continue to outwit our opponents.

In these games we will develop our ability to solve problems and make decisions, as well as to use technical skills to creatively outwit our opponents. We will continue to build our knowledge of attack and defence.

Throwing and Catching (Spring 1)

In this unit we will continue to explore the key basics of our throwing and catching, using our hand-eye co-ordination to with greater confidence to develop tracking of the ball as it moves towards us.

Working with a partner, we will continue to think about the shapes of our body as we send and receive balls with other with more accuracy, considering the speed and direction the ball needs to have. This will also help us to develop our communication, as we play some ball games.

Your Year 2
P.E journey
starts HERE

Autumn
Term

Spring
Term

Summer
Term

Athletics (Summer 2)

In this unit we will explore running, jumping and throwing activities, and take part in simple challenges and competitions. We will experiment with different ways of travelling, throwing and jumping, increasing our awareness of speed, distance and endurance.

As in all athletic activities, we will think about how we can achieve the greatest possible speed, height, distance or accuracy.

Multi-skills (Summer 1)

In this unit we will continue to build up basic game-playing skills. We will explore how we can use our games skills from Spring 2 to play some games that need extra equipment to play. This may be a net and wall game (like tennis or badminton), or an invasion game (like hockey).

In all games activities, we will continue to think about how to use our skills, strategies and tactics to outwit the opposition.

Dance (Autumn 2)

In this unit we will focus on creating and performing short dances that communicate different moods, feelings and ideas. Our work is to be inspired by a range of subjects, including some based on different times and cultures.

We will explore shape and develop spatial awareness. We will build on our understanding of how dynamic and rhythmic qualities can be used to express moods, ideas and feelings, and begin to develop our ability to work with a partner and in a small group to build a short dance that allow us to express emotion.

Gymnastics (Autumn 1)

In this unit we will be focused on increasing our range of basic gymnastic skills. We will create simple sequences of 'unlike' actions on the floor, *eg a roll, jump and a shape*. We will then transfer what we have learned on the floor to apparatus (the bench or the A-frames).

We will explore how to improve the quality of our gymnastic actions, *eg stretching fingers and pointing toes*, as we plan and perform sequences of contrasting actions, with the aim of developing flow and varying

