

Sticky Learning for PE

Class 2

Autumn 1 Cycle 1 Gymnastics - Animals

- Master basic movements – running, jumping, balance and agility

- Roll with co-ordination and control

- Explore travelling on different parts of the body

- Create simple sequences linking 2 actions and copy a partners actions

- Describe movements and comment on others sequence

- Improve co-ordination and balance

Key Vocabulary to learn:

- Travelling
- Roll
- Tuck
- Changing direction
- Contrasting actions
- Hold shapes

Core concepts

Personal Skills

Team Skills

Evaluating and improving

Health and wellbeing

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Class 2

Autumn 1 Cycle 1 Invasion games – throwing skills

- To be able to roll and stop a ball and track and receive

- To throw underarm and develop the ability to catch

- To bounce a ball on the spot and keep control of the ball

- To throw and catch with a partner

- Critique my partner and help to develop my own and their skills

- To play games safely

Key Vocabulary to learn:

- Roll
- Pass
- Bounce
- Catch
- Awareness
- Co-ordination
- Critique

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Class 2

Autumn 2 Dance – The Gunpowder Plot

- Use a variety of dance movements to communicate an idea

- Change speed and direction

- To use a range of stimuli – pictures, sounds, objects to create different movements

- In a partner or group copy simple movement patterns (e.g. spin, walk clap).

- Watch a performance and give opinions

- Improve balance and co-ordination

Key Vocabulary to learn:

- Rhythm
- Shape
- Performance
- Patterns
- Opinions
- Co-ordination
- travelling

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Class 2

Autumn 2 Invasion Games – Kicking skills

- Travel with a ball using feet

- Roll, kick and bounce a ball

- Stop a moving ball with my feet

- To pass a ball to another player

- To evaluate and improve simple games

- Know how my body feels when I exercise

Key Vocabulary to learn:

- Control
- Cooperation
- Pass
- Roll
- Kick
- Speed
- Direction

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Class 2

Spring 1 Gymnastics – Traditional tales

- To recognise and perform movements and balances

- To control my body when jumping, rolling and moving in different ways

- To link movements to create a sequence

- To co-operate effectively with a partner

- Evaluate my skills using a set criteria

- To continue to improve co-ordination and balance

Key Vocabulary to learn:

- Co-operate
- roll
- Bounce
- Evaluate
- Criteria
- Sequence

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Class 2

Spring 1 Circuit training

- To develop balance and co-ordination

- To combine skills to complete circuits

- To master basic movements and apply these in activities

- To watch and evaluate the performance of my partner

- Talk about performance and try to improve

- Understand how to keep healthy

Key Vocabulary to learn:

- Balance
- Performance
- Improve
- Circuit
- Healthy
- Master
- Co-ordination

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Class 2

Spring 2 Dance – The Seasons

- Perform in time to music

- Freeze in different shapes / positions on certain counts

- Perform skills learnt with increasing control

- To create movements with a partner and work in a group

- Describe how dance makes them feel

- Develop understanding and ways to ensure exercise is important to life

Key Vocabulary to learn:

- Movements
- Sequence
- Freeze
- Perform
- In time
- Patterns

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Spring 2 Racket games

- Hold a racket and control a bean bag

- Use a racket to hit a ball or beanbag with control

- Apply my racket skills to play a target game

- To work together to play a small sided game

- To evaluate and improve simple games

- Continue to play games and use equipment safely

Key Vocabulary to learn:

- Racket
- Hit
- Safety
- Control
- Rules
- Pass
- Evaluate
- Improve

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Class 2

Summer 1 Athletics – Running and Jumping

- Run in different directions at different speeds

- Develop jumping for distance, landing safely

- Copy jumps with greater accuracy

- Work together to complete relay races

- Investigate the best jumps to cover distance

- Improve balance and co-ordination

Key Vocabulary to learn:

- Investigate
- Distance
- Relay
- Speed
- Control
- Landing
- Safely

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Class 2

Summer 1 Invasion games

- To begin to throw a ball over arm at a target

- Use simple attacking skills to get past a defender

- Use a variety of equipment and tools

- Pass to other players in a game and have respect for other children

- To know how to improve my skills

- To continue to play games safely.

Key Vocabulary to learn:

- Pass
- Target
- Improve
- Respect
- Safely
- Defend
- Attack

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Summer 2 Yoga

- To develop balance, agility and coordination

- To develop basic yoga poses – bending, stretching, standing

- To sequence movements

- To work with a partner to develop skills

- To evaluate and improve simple poses

- Improve balance and co-ordination

Key Vocabulary to learn:

- Balance
- Pose
- Agility
- Co-ordination
- Pace
- Yoga
- breathing

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Class 2

Summer 2 Bat and Ball

- To hit a ball that has been thrown under arm

- To practice and use simple tactics

- Use a variety of equipment and tools

- To begin to play a competitive game

- To know how to improve skills and support others

- To continue to understand safety and cooperation

Key Vocabulary to learn:

- Competition
- Under arm
- Tactics
- Practice
- Cooperate

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