

Year 2 Term 1

What does it mean to survive? PE Fundamental Movement Skills



National Curriculum Links:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Participate in team games, developing simple tactics for attacking and defending.

Essential Prior Learning:

Children should know how to skip, walk, hop, jump, run and bunny hop.
Children should be able to change direction when they move.
Children should be able to adjust their speed when moving.
Explored different ways of traveling in different situations.

Progression in Skill:

Practice: jog, leap, sprint, sidestep.
Teach: gallop, side gallop, lunge.
Change speed and direction with control and coordination.
Link travelling movements with some control and balance.
Follow the rules of the game, accepting that some will win and some will lose.

Encourage others to keep trying.
Work with a partner to play games and solve challenges.
Show willingness to persevere to meet the challenge set.
Recognise how different activities make you feel

Long-term Memory Knowledge:

Demonstrate jogging, leaping, sprinting and sidestepping with control.
Demonstrate galloping, side galloping and lunging.
Move in different ways and change speed or direction safely.
Link two or more movements together with control and balance.
Understand that games have rules to play fairly and that sometimes you can win or lose a game.
Provide encouragement to others to keep going and not give up.
Work with others to play games and solve problems.
To try their best in an activity and to keep going even if is challenging.
Talk about how an activity makes their bodies feel.

Key Vocabulary

gallop	a step-and-slide action where one-foot leads and the other foot chases but never crosses in front.
side galloping	a type of movement where you move sideways by stepping one foot to the side and then bringing the other foot to meet it
lunge	a type of big step forward where you bend your front knee and keep your back leg straight or slightly bent.
coordination	to move different parts of your body together smoothly and carefully.

balance	being able to stay still or steady without falling over.
encourage	to give support and confidence to someone

Progression in Resources:

Cones, Speaker, Bench

Relevance

Now	Enjoy moving in different ways with control for different situations. Play and follow simple game rules while working with others.
Future	Recognise how movement and exercise feel in our bodies. Work with others to solve challenges and giving your team members encouragement.
Aspiration	Confidently use movement skills in games and team activities. Show perseverance, and take part in sports and challenges for fun, fitness, and personal achievement.