

Year 2 – Term 3

**What can we learn from our mistakes?  
PHYSICAL EDUCATION**



**National Curriculum Links**

Master basic movements including jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

**Essential Prior Learning:**

Children can use low apparatus to climb, travel and balance. They begin to land safely when dismounting and create sequences of shapes and actions.

**Progression in Skill:**

Remember and repeat travelling patterns in different directions, e.g. gallop (forwards and side), jog, lunge.  
Use apparatus (agility tables of varying heights) as part of a longer sequence, dismounting from higher apparatus safely: turning, tuck jump.  
Extend sequences (three/ four actions) to include a roll: teddy, pencil, shoulder.  
Begin to understand the concept of 'stillness' when holding a balance.  
Gymnastics helps to develop co-ordination.  
Carry out skills safely.  
Look ahead to where you want to travel before changing direction to be sure it is clear.  
Simone Biles is the most decorated gymnast in history.  
Climb (low apparatus), land, turning  
Roll on side, twist/rotate

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 a sequence of moves including rolls, travel patterns, twists and balances on the ground and using apparatus.  
Explain how to complete movements safely on the ground and using apparatus.  
Demonstrate successful balancing, keeping still.  
Provide encouragement to others to keep going and not give up.  
Work with others to solve problems.  
Keep going even if something is challenging.  
Talk about how an activity makes their bodies feel.  
Know that Simone Biles has earned the greatest number of medals as a gymnast.

**Key Vocabulary:**

<b>travel</b>	moving from one place to another
<b>direction</b>	the way you are moving (forwards, sideways, backwards)
<b>gallop</b>	a travelling movement where one foot leads and the other follows
<b>lunge</b>	big step forward or sideways, bending one knee
<b>apparatus</b>	equipment used in gymnastics such as the mats
<b>dismount</b>	safely getting off apparatus at the end of a movement
<b>tuck jump</b>	a jump where knees are pulled up towards the chest
<b>sequence</b>	a set of movements linked together (e.g., jump, roll, balance)

<b>roll</b>	a movement where the body turns over on the floor (e.g., teddy roll, pencil roll, shoulder roll)
<b>teddy roll</b>	a roll where you curl up like a teddy bear and roll sideways
<b>pencil roll</b>	a straight body roll across the floor
<b>shoulder roll</b>	a roll where you go over one shoulder safely
<b>Simone Biles</b>	a famous gymnast

**Progression in Resources:**

mats  
apparatus

**Relevance:**

<b>Now</b>	Children learn how to move safely and in control. They use equipment in sequences and start to understand balance and stillness.
<b>Future</b>	Children understand why balance and safe movement are important. They see how these skills help in other sports and activities. They learn to plan movements and check space before changing direction.
<b>Aspiration</b>	Children may want to join a gymnastics club or try other sports. They engage in activities that promote lifelong fitness, coordination, and safe movement practices.