

Year 2 Term 4

How do you know something is good?
PHYSICAL EDUCATION
(Fundamental Movement Skills)



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 roll and receive a ball.
Children can throw a ball using the underarm technique. Children can begin to catch a ball and kick a ball.

Progression in Skill

Fundamental Movement Skills

Practice catching and kicking balls of varying sizes (including rugby balls).

Learn to throw overarm for distance, strike with the hand (bounce ball), dribble with the foot and the hand.

Physical Literacy

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:

Catch different shaped and sized balls using their hands by pulling the ball towards their body.

Kick a ball towards a target and use their feet to dribble a ball around a space.

Know how to throw a ball using an overarm technique and to understand that we use an overarm throw for long distances.

Use their hands to bounce and dribble a ball.

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. Begin to understand why it is important 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

catch	stop and hold a moving object, like a ball in your hands
overarm throw	throw a ball by moving the arm above the shoulder
bounce	push a ball up and down using a hand
kick	move something with your foot
dribble	move a ball by bouncing it with your hand or tapping it with your foot while moving

Progression in Resources:

tennis balls
footballs
rugby balls
basketballs
cones

Relevance:

Now	By developing their ability to control a ball with either hands or feet, children are able to enjoy a higher degree of success in recognisable ball games, such as rugby or basketball; they develop their understanding of the importance of rules within a game so that everyone can enjoy it.
Future	Children have developed their skills so that they can choose the appropriate ball skill for different sports and be able to kick and throw the ball with control and accuracy; they can work with others to solve challenges and encourage one another.
Aspiration	Children join a sports team and confidently use their ball skills in games and team activities – playing either recreationally or professionally; children may choose a career within the sports industry, maybe coaching community teams or professionals.