Year 2 – Term 2

What can we explore in our local area?

Physical Education – 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

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:
Practice: catching balls of varying sizes and rugby ball, kick. Learn: overarm throwing for distance, Strike with the hand (bounce ball), foot dribbling, hand dribble. **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 balls using two hands: • Hands out ready in front of you • Hands make a bowl or W shape, depending on where it is arriving from – above or in front • Once the ball is in the hands, bring them towards the chest to absorb the impact Kick a ball towards a target and using different parts of the foot to dribble a ball around a space. Know how to throw a ball using an overarm technique and understand that we use an overarm throw for long distances. Use hands to bounce and dribble a ball. Understand that games have rules to play fairly and that some games have winners and losers. Suggest some useful things to say and do to encourage other people. Work with others to play games and solve problems. Develop a willingness to keep trying, especially if something is tricky, and try to implement the advice given. Talk about how an activity makes their bodies feel.

Key Vocabulary:	
catch	stop a moving object, like a ball
overarm throw	throw a ball by moving the arm above the shoulder.
bounce	push a ball down so that it hits the ground and comes back up to you
kick	move something with your foot
dribble	move a ball by bouncing the ball with your hand or tapping it with your foot while moving

Progression in Resources:
tennis balls footballs rugby balls basketballs cones

Relevance:	
Now	Apply their ball skills to different games to have experience greater success and enjoy playing and following simple game rules while working with others.
Future	Choose the appropriate ball skills for different sports and be able to kick and throw the ball with control and accuracy. Work with others to solve challenges and giving your team members encouragement.
Aspiration	Join a sports team – maybe professionally or for fun - and confidently use the appropriate ball skills in games and team activities; may be in a playing or coaching capacity. Show perseverance, and take part in challenges for fun, fitness, and personal achievement.