



Physical Education Long Term Objectives



Year 2	Autumn	
	<u>Termly Objectives</u>	
	<p>Games - Throwing and Catching</p> <ul style="list-style-type: none"> • Stop a rolling ball with two hands • Bounce a ball whilst moving • Use an opposition overarm throw • Jump to catch a ball • Get into position to catch a ball • Walk along a line - keeping their balance when pushed and dodge 	<p>Games - Circuit Training</p> <ul style="list-style-type: none"> • Use a pivot movement to change direction • Identify which activities they need to improve. • Perform different types of jumps with control and use more than one type of jump in an activity • Show some control • and accuracy when rolling a ball and aiming for a target • Combine skills within an activity • Identify which skills are needed for a particular activity • Suggest some ways that a partner can improve their performance • Identify improvements shown on their scorecard.
	Spring	
<u>Termly Objectives</u>		
<p>Gymnastics - Landscapes and Cityscapes</p> <ul style="list-style-type: none"> • Egg roll, log roll, teddy bear roll, forward roll from a crouched position • Move from one roll into another roll • Stand to finish • Balance in a shape • Hurdle step on to a springboard • Move and balance with their hands and feet at different levels • Take the weight on their hands and feet in different ways e.g. crab walk, do a supported handstand • Copy and create movement sequences with a clear start and finish. • Move with agility, balance and coordination. • Evaluate their own and other's work • Improve their movements 	<p>Dance - Plants</p> <ul style="list-style-type: none"> • Use and remember their own movements as part of a motif • Perform a range of movements in canon and unison • Use different movements and body shapes to represent a plant growing • Evaluate the performance of others • Perform a range of movements - some at different speeds or levels, showing good body control; • Use movements from their previous learning to create a dance • Perform a range of body movements and shapes and perform some of these in time with the music • Create and remember suitable movements to represent the different parts of a story and perform some of these at different speeds and levels • Remember the structure of a whole dance and perform it independently. 	



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Summer

Termly Objectives

Games - Multiskills

- Sprint in a straight line and explain what they can do to move faster
- Change direction quickly when sprinting
- Balance an egg on a spoon while travelling forwards
- Jump from two feet to two feet in different directions, e.g. forwards, sideways, backwards
- Use their arms and legs to help them jump further
- Jump the course while remaining in the sack
- Throw underarm with control throw overarm with control
- Throw accurately to reach a target.
- Move a football using the inside of the foot and demonstrate some control.
- Stop a moving ball and quickly change direction.
- Alternate between jumping and hopping across an agility ladder
- Move equipment between hoops independently
- Jump over a series of hurdles without stopping running first.

Games - Rounders

- Begin to use and understand the terms attacking and defending
- Throw and catch a ball with a partner using different techniques and begin to choose the best pass to make in a game
- Kick a ball, using the correct technique, with some control and accuracy.
- Use throwing, catching and kicking skills in a game with increasing confidence and success.
- Begin to apply a range of attacking and defending skills in a game successfully, including dodging and marking.
- Increasingly choose and use the best space in a game, including passing to a player who is in space.
- Perform learnt skills with increasing control.
- Follow rules to play different games and understand the importance of having them.
- show good teamwork in competitive situations.