



Curriculum Plans – Key Stage 1 Physical Education

Year 2

Block 1	Block2	Block 3	Block 4/ Block 5	Block 6/ Block 7
<p>Movement Composition Unit: Locomotive Skills</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Fall and stand correctly -Change direction safely -Stop safely - Control over large movements - Control over fine motor movement -Correctly perform the following locomotive movements: *Hopping *Marching *Skipping *side *Stepping *Sliding *Leaping *Galoping *Running *Heel dig walks *Grapevine *Vertical jumping on a plane *Horizontal jumping on a plane *Sit and tuck *V-sit <p>Some students will be able to:</p> <ul style="list-style-type: none"> Demonstrate complex movements Demonstrate travelling in different directions with 	<p>Movement Composition Unit: Gymnastics/ Dance</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate travelling with balance and control -Demonstrate jumping and landing safely and under control -Create a routine that includes balance, flexibility, strength and movement in a group -Follow a different dance choreography in rhythm -Learn at least one dance routine <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate travelling in different directions with balance and control aesthetically -Jump and land with control while also keeping all parts of the body inline -Create a combination routine as an 	<p>Movement Composition Unit: Fundamental Movement Skills</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Throw the ball understanding correct technique - Catch the ball understand the correct technique - Pass the ball (short, long), understanding the correct throwing and kicking technique -Dribble with the ball using hands and feet -Strike the ball using the correct technique <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Throw the ball using correct technique and biomechanics -Catch the ball using correct technique and biomechanics -Pass the ball (short, long) using the correct throwing and kicking technique and biomechanics -Dribble with the ball using hands and feet -Strike the ball using the correct technique and biomechanics using feet and wrist 	<p>International Games Unit: Tag Games, Football, Basketball</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Change direction -Attack/defence -Footwork -Pivot -Stop -Balance -Body control -Emotional regulation skills -Under stand what a rebound is <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use team strategy - Gauge distance and speed -Understand basic team tactics -Have a basic understanding of movement off the ball 	<p>Net and Barrier Games Unit: Nitroball/ Volleyball Variations</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Show an understanding there is a net or barrier between teams - Start to understand the correct way to pass the volleyball -Understand the volleyball must go over the net <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Show good technique when passing the volleyball -Pass the volleyball between teammates -Strike the volleyball over the net



	balance and control Jump and land with control while also keeping all parts of the body inline	individual for 60-90 seconds			
Assessment	- Observation - Q&A - End of block physical assessment of skills	- Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills