



Year 2 PE KNOWLEDGE Subject Map

Target Games Fundamentals	Ball skills (Sending and Receiving) Dance	Fundamentals (Multi-skills) Fitness	Gymnastics Stretch and Movement	Invasion (Rugby) Striking and fielding	Net and Wall Athletics
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DRIVER WORDS			
Early Years	Year 1	Year 2	Year 3
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills	Change speed effectively, Travel fluently, Keep possession, Maintain pace, Throw/Kick accurately

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	<p>K1. Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>K2. Jumping: know that swinging my arms forwards will help me to jump further.</p> <p>K3. Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p>K4. Rules: know how to follow simple rules when working with others.</p>	BALL SKILLS	<p>K5. Sending: know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>K6. Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p>K7. Tracking: know that it is easier to move towards a ball to track it than chase it.</p> <p>K8. Dribbling: know to keep my head up when dribbling to see space/opponents.</p>
DANCE	<p>K9. Actions: know that sequencing actions in a particular order will help me to tell the story of my dance.</p> <p>K10. Dynamics: understand that I can change the way I perform actions to show an idea.</p> <p>K11. Space: know that I can use different directions, pathways and levels in my dance.</p> <p>K12. Relationships: know that using counts of 8 will help me to stay in time with my partner and the music.</p> <p>K13. Performance: know that using facial expressions helps to show the mood of my dance.</p> <p>K14. Strategy: know that if I practice my dance my performance will improve.</p>	FITNESS	<p>K15. Agility: know using small quick steps helps me to change direction.</p> <p>K16. Balance: understand that I can squeeze my muscles to help me to balance.</p> <p>K17. Co-ordination: understand that some skills require me to move body parts at different times such as skipping.</p> <p>K18. Speed: know that I take shorter steps to jog and bigger steps to run.</p> <p>K19. Strength: know that strength helps us with everyday tasks such as carrying our school bag.</p> <p>K20. Stamina: know that I need to run slower if running for a long period of time.</p>
FUNDAMENTALS	<p>K21. Running: know that putting weight into the front of my feet helps me to stop in a balanced position.</p> <p>K22. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>K23. Balancing: understand that squeezing my muscles helps me to balance.</p> <p>K24. Jumping: know that swinging my arms forwards will help me to jump further.</p> <p>K25. Hopping: know that if I look straight ahead it will stop me falling over when I land.</p> <p>K26. Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.</p>	GYMNASTIC	<p>K27. Shapes: know that some shapes link well together.</p> <p>K28. Balances: understand that squeezing my muscles helps me to balance.</p> <p>K29. Rolls: understand that there are different teaching points for different rolls.</p> <p>K30. Jumps: understand that looking forward will help me to land with control.</p> <p>K31. Strategy: know that if I use shapes that link well together it will help my sequence to flow.</p>
INVASION	<p>K32. Sending & receiving: know to control the ball before sending it.</p> <p>K33. Dribbling: know that keeping my head up will help me to know where defenders are.</p> <p>K34. Space: know that moving into space away from defenders helps me to pass and receive a ball.</p> <p>K35. Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p>K36. Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</p> <p>K37. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p>K38. Tactics: understand and apply simple tactics for attack and defence.</p> <p>K39. Rules: know how to score points and follow simple rules.</p>	NET AND WALL	<p>K40. Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.</p> <p>K41. Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</p> <p>K42. Rallying: know that sending the ball towards my partner will help me to keep a rally going.</p> <p>K43. Footwork: know that using a ready position helps me to react quickly and return/catch a ball.</p> <p>K44. Tactics: understand that applying simple tactics makes it difficult for my opponent.</p> <p>K45. Rules: know how to score points and follow simple rules.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>K46. Problem solving: know that listening to each other's ideas might give us an idea we hadn't thought of.</p> <p>K47. Navigational skills: understand that the map tells us what to do.</p> <p>K48. Communication: know to use encouraging words when speaking to a partner or group to help them to trust me.</p> <p>K49. Reflection: verbalise when I am successful and areas that I could improve. Rules: know how to follow and apply simple rules.</p>	STRIKING AND FIELDING	<p>K50. Striking: understand the role of a batter. Know that striking quickly will increase the power.</p> <p>K51. Fielding: understand that there are different roles within a fielding team.</p> <p>K52. Know to move towards the ball to collect it to limit a batter's points.</p> <p>K53. Throwing: know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>K54. Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p> <p>K55. Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).</p> <p>K56. Rules: know how to score points and follow simple rules.</p>
TARGET GAMES	<p>K57. Throwing: know that stepping with opposite foot to throwing arm will help you to balance.</p> <p>K58. Know that moving my arm quicker will give me more power.</p> <p>K59. Striking: know to finish with my object/hand/foot pointing at my target.</p> <p>K60. Tactics: understand and apply simple tactics.</p> <p>K61. Rules: know how to score points and follow simple rules.</p>	STRETCH AND MOVEMENT	<p>K62. Balance: understand that I can squeeze my muscles to help me to balance.</p> <p>K63. Flexibility: know that flexibility helps us to stretch our muscles and increase the movement in our joints.</p> <p>K64. Strength: know that strength helps us with everyday tasks such as carrying our school bag.</p> <p>K65. Mindfulness: understand that I can use yoga to make me feel calm.</p>



Year 2 PE SKILLS Subject Map



	SKILLS		SKILLS
ATHLETICS	S1. Running: develop the sprinting action. S2. Jumping: develop jumping, hopping and skipping actions. S3. Explore safely jumping for distance and height. S4. Throwing: develop overarm throwing for distance.	BALL SKILLS	S5. Sending: roll, throw and kick a ball to hit a target. S6. Catching: develop catching a range of objects with two hands. S7. Catch with and without a bounce. S8. Tracking: consistently track and collect a ball being sent directly. S9. Dribbling: explore dribbling with hands and feet with increasing control on the move.
DANCE	S10. Actions: accurately remember, repeat and link actions to express an idea. S11. Dynamics: develop an understanding of dynamics. S12. Space: develop the use of pathways and travelling actions to include levels. S13. Relationships: explore working with a partner using unison, matching and mirroring. S14. Performance: develop the use of facial expressions in my performance.	FITNESS	S15. Agility: demonstrate improved technique when changing direction on the move. S16. Balance: demonstrate increased balance whilst travelling along and over equipment. S17. Co-ordination: perform actions with increased control when co-ordinating my body with and without equipment. S18. Speed: demonstrate running at different speeds. S19. Strength: demonstrate increased control in body weight exercises. S20. Stamina: show an ability to work for longer periods of time.
FUNDAMENTALS	S21. Running: demonstrate balance when changing direction. S22. Clearly show different speeds when running. S23. Balancing: demonstrate balance when performing movements. S24. Jumping: demonstrate jumping for distance, height and in different directions. S25. Hopping: demonstrate hopping for distance, height and in different directions. S26. Skipping: explore single and double bounce when jumping in a rope.	GYMNASTIC	S27. Shapes: explore using shapes in different gymnastic balances. S28. Balances: remember, repeat and link combinations of gymnastic balances. S29. Rolls: explore barrel, straight and forward roll and put into sequence work. S30. Jumps: explore shape jumps and take off combinations.
INVASION	S31. Sending & receiving: developing s&r with increased control. S32. Dribbling: explore dribbling with hands and feet with increasing control on the move. S33. Space: explore moving into space away from others. S34. Attacking: developing moving into space away from defenders. S35. Defending: explore staying close to other players to try and stop them getting the ball.	NET AND WALL	S36. Hitting: develop hitting a dropped ball over a net. S37. Feeding: accurately underarm throw over a net to a partner. S38. Rallying: explore underarm rallying with a partner catching after one bounce. S39. Footwork: consistently use the ready position to move towards a ball.
OUTDOOR ADVENTUROUS ACTIVITIES	S40. Problem solving: begin to plan and apply strategies to overcome a challenge. S41. Navigational skills: follow and create a simple diagram/map. S42. Communication: work co-operatively with a partner and a small group.	STRIKING AND FIELDING	S43. Striking: develop striking a ball with their hand and equipment with some consistency. S44. Fielding: develop tracking a ball and decision making with the ball. S45. Throwing: develop co-ordination and technique when throwing over and underarm. SK46. Catching: catch with two hands with some co-ordination and technique.
TARGET GAMES	S47. Throwing overarm: develop co-ordination and technique when throwing overarm towards a target. S48. Throwing underarm: develop co-ordination and technique when throwing underarm towards a target. S49. Striking: develop striking a ball with equipment with some consistency.	MOVEMENT AND STRETCH	S50. Balance: remember, copy, and repeat sequences of linked poses. S51. Flexibility: show increased awareness of extension in poses. S52. Strength: demonstrate increased control in performing poses. S53. Mindfulness: explore controlling my focus and sense of calm.

PE VOCABULARY

attack, balance, catch, communicate, control, **defend**, dribble, exercise, **fielding**, fitness, **flexibility**, **footwork**, , games, health, healthy, hop, jump, movement, move, **perform**, rules, running, roll, **sending**, shape, skill, skip, space, speed, strength, **striking**, team, teamwork , throw, **tracking**, **transition**, travel