



AGS – Year 2 Medium Term Curriculum Plan

Physical Education



Block/ Weeks	Unit/Activity	Key Targets and Learning objectives	Activities	Key Vocabulary	SAL
1	Intro Games	<ul style="list-style-type: none"> Pupils will learn to develop good listening skills, good classroom management, PE routines and social skills outside of their classrooms. To introduce and reinforce the expectations of year 2 	Over the course of the unit areas of focus within lessons: Stop, Look, Listen Listening and Fairplay Recalling and Following instructions Working with others	Running, Changing Speed, Direction, Balance Hopping, Jumping Control Objective WALT WILF	Physical Competencies Gross & Fine motor skills Kinesthetic Awareness Balance & Control Cognitive skills Focus & Concentration Decision Making Personal Qualities Confidence & Self esteem Determination & Resilience Respect & Tolerance Communication Physical Fitness Stamina Speed



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	<p>Ball Skills</p>	<ul style="list-style-type: none"> • Pupils will focus on developing ball skills showing control with some fluency and accuracy, using a range of sending and receiving techniques using different parts of the body/pieces of equipment. • Pupils will develop and understanding of the movement, maintaining possession of the ball as an individual or as a team and moving into space. • Show understanding of basic games and following the rules. 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Ball Familiarisation Travelling with and without the ball Sending & Receiving Space Rules and Scoring</p>	<p>Control Balance Coordination Space Power Accuracy Footwork Stopping Move</p>	<p>Physical Competencies Gross & Fine motor skills Balance & Control Cognitive skills Focus & Concentration Decision Making Creativity Personal Qualities Responsibility & Leadership Respect & Tolerance Communication Physical Fitness Core Stability & Strength Flexibility</p>
	<p>Coordination and Balance (Gymnastics)</p>	<ul style="list-style-type: none"> • Pupils will be developing and replicate body management skills. Pupils should explore and improve the quality of their actions, body shapes and balances firstly on the floor and across apparatus. • Pupils will incorporate control, levels and different speeds into simple sequences • Pupils will begin to appreciate good performances and 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Counter balancing Travelling Rotation Balancing on apparatus Jumping and vaulting Sequencing and routine</p>	<p>Flow Slide Pull Roll Shape Routine Turn Stretch Explosive Counter balance Vaulting Apparatus Under</p>	<p>Physical Competencies Gross & Fine motor skills Kinaesthetic Awareness Balance & Control Coordination & Fluency Rhythm & Timing Cognitive skills</p>



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		<p>understanding some reasoning for this</p> <ul style="list-style-type: none"> Pupils will progressively learn how to lift and lay out apparatus safely. 		Over	<p>Focus & Concentration Creativity Personal Qualities</p> <p>Confidence & Self esteem Determination & Resilience Physical Fitness Core Stability & Strength Flexibility</p>
	Sports Day Prep/ Athletics	<ul style="list-style-type: none"> In this unit pupils will experience simple modified running, jumping and throwing activities. Pupils will accurately replicate running challenges and competitions that require speed and stamina appropriate to the age range. In all athletic based activities pupils will engage in performing skills and measuring outcomes as a marker for performance. Pupils will focus on developing and improving their running technique and concept of pace. 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Sprint Running Running -Relays Jumping – High and Long Throwing for Accuracy Throwing for distance Balance Hurdles</p>	<p>Running Jumping Pushing Pulling Throwing Stance Accuracy Ready position Power Speed Balance Pace</p>	<p>Personal Qualities</p> <p>Motivation Confidence & Self esteem Determination & Resilience Communication Physical Fitness Stamina Speed</p>



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		<ul style="list-style-type: none"> Pupils will develop the ability to follow rules safely and handle equipment correctly. Pupils practice will culminate in a KS1 Sports day based on all students competing at a number of stations. 			
Rugby	<ul style="list-style-type: none"> Pupils look to build on aspects of previous ball games using invasion tactics Catching and passing with the concept of the ball going backwards but running forward Pupils use the idea of developing footwork and balance to beat a defender and run in to space. 	<p>All focuses are dependent on student ability.</p> <p>Rugby</p> <ul style="list-style-type: none"> Evading opposition Giving and receiving a pass Maintain possession and moving forward with the ball Following basic rules/concepts of rugby 	<ul style="list-style-type: none"> Catch Pass Space Try Target Evasion Step Acceleration 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills <p>Personal Qualities</p> <ul style="list-style-type: none"> Confidence & Self esteem & Strength 	
Benchball/Basketball/handball	<ul style="list-style-type: none"> Pupils will look to develop knowledge of basic/simplified ball games such as benchball, handball and basketball TO develop the students hand eye coordination through either of the activities Pupils will look to maintain possession of a moving ball in pairs or small team. Pupils will develop skills for getting a ball towards a target e.g. scoring zone. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Ball familiarization Travelling with and without a ball Attacking and Defending Bouncing/Dribbling Catching Throwing Movement and Spatial Awareness Passing Rules and Scoring 	<ul style="list-style-type: none"> Underarm Overarm Chest pass Control Preparing Bouncing Catching Throwing Target Movement Positioning Triangles Chest Pass Bounce pass 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Kinesthetic Awareness Balance & Control <p>Cognitive skills</p> <ul style="list-style-type: none"> Decision Making Problem Solving <p>Personal Qualities</p> <ul style="list-style-type: none"> Determination & Resilience Responsibility & Leadership 	



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		<ul style="list-style-type: none"> • Pupils will be introduced to the concepts of basic attack and defense. • Pupils will look at elements of teamwork in passing the ball. • Body position and weight transference will also be developed in this unit • Students will be able to continue to show progress in hand eye coordination regarding ball control, individually, with a partner and in small groups. 			<p>Respect & Tolerance Communication Physical Fitness Core Stability & Strength</p>
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3	Net games	<ul style="list-style-type: none"> • Activities will develop students hand eye coordination using a racket and targets of varying heights and distances. • Students should be able to show progress in coordination and control with a range of objects, (soft balls, balloons, shuttles). • Student will be able to work individually/pairs/or in groups 	<p>Over the course of the unit areas of focus within lessons: Keeping an object off of the floor Serving an object over a net Receiving an object from height Developing a rally Using an extension of the arm or hand</p>	<p>Racquet Rally Contact Height Distance Balance Underarm Overarm</p>	<p>Physical Competencies Gross & Fine motor skills Coordination & Fluency</p>
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	Striking and fielding	<ul style="list-style-type: none"> • Pupils will develop concepts of striking and fielding concepts using basic variations of games such as Rounder/Cricket/ T ball and Danish Longball • Pupils will focus on striking the ball from a T and the concept of hitting into space. • Higher ability students may progress to a drop feed ball. • Students to develop understanding of scoring in a variety of games. 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Throwing and Catching a ball to move towards a target. Fielding/Stopping a ball Retrieval of a ball Batting a stationary ball off of a T</p>	<p>Striking Hitting T ball Running Scoring Fielding Throwing Catching Barrier</p>	<p>Physical Competencies Coordination Cognitive skills Focus & Concentration Decision Making Problem Solving</p>
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