

Physical education

Year 1 and 2 children will be taught

Swimming (year 2)

- Swim unaided up to 25 meters
- Use one basic stroke, breathing correctly.
- Control leg movements.

FUNDamentals of movement

- Successfully find space, run at speed and show agility.
- Change direction and avoid bumping into others.
- Throw accurately at static and moving objects.
- Catch objects of different shapes and sizes at varying distances.

Athletics

- Jump, balance and land with control.
- Run with control.
- To keep going when children get tired.
- To work with a team to compete in relays.
- Prepare for sports day.

Principles of play

- Cooperate with team mates and show empathy
- To be honest
- Find space and vary speed
- To look for my teammates in a space and find a space when I don't have the ball.
- Catch when under pressure.
- Use tactics.

Dance

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

Gymnastics

- Copy and remember actions
- Move with some control and awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts.
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely.

Happy Healthy Hearts

- Use high intensity games to increase our fitness.
- Challenge fitness levels.
- Support and encourage teammates.
- Use different parts of my feet to control the ball.
- Bounce a ball whilst moving.

Multi-sports

- To be able to use different passes
- Throw underarm accurately
- To pass effectively.
- Roll a ball with the correct technique.
- To dribble using control.

Tag and co-ordination games

- Improved performance and decreased risk of injury.
- Enhance enjoyment of physical activities
- Increase fitness through running.

Dodgeball (year 2)

- Successfully catch and throw the ball.
- Use overarm and underarm.
- Find a space to dodge the ball.