

# Primary PE Unit Overviews Year 2 – Mid Term Planning

<b>Ball skills</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	<b>To know and show ways of using a ball.</b> Using different parts of the body and techniques when passing and catching. (bounce, pat, kick dribble)	<b>To understand how to use apparatus for its intended purpose.</b> Send, receive and kick a ball and practice to improve. Show control when sending and receiving a range of apparatus.
2	<b>To observe, copy and play games as an individual and in two's.</b> Understand rules and how to take turns in games.	<b>To observe, copy and play games as an individual and in two's.</b> Balancing and moving with different sized balls, exploring space.
3	<b>To move safely and actively about the space.</b> Show control while catching receiving and dribbling	<b>Throw ball with accuracy</b>
4	<b>Throwing a ball for distance.</b>	<b>Assesment</b>

<b>Team Games</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	<b>Bean bag activities</b> To develop a range of basic game skills and consistency of their replication. To learn about moving in your own space in a variety of ways safely using your equipment.	<b>Quoits, beanbags &amp; balls while travelling</b> To replicate a range of ways to throw, roll, bowl, balance and retrieve quoits.
2	<b>Use of space</b> To understand the importance of movement into space in order to attack	<b>Dodging</b> To demonstrate the ability to replicate core invasion game skills in a game situation
3	<b>Competitive games</b> To demonstrate the replication of core invasion game techniques.	<b>Competitive games</b> To demonstrate the replication of core invasion game techniques.
4	<b>Competitive games</b> To demonstrate the replication of core invasion game techniques.	Assessment

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<b>Gymnastics</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	<p><b>Counter Balancing</b></p> <p>To increase the range of movement in single actions including actions that require supported body weight.</p>	<p><b>Travelling</b></p> <p>To replicate a series of moves based around travelling.</p>
2	<p><b>Rotation</b></p> <p>To explore and accurately replicate basic rotational skills using control over the body.</p>	<p><b>Balancing on apparatus</b></p> <p>To explore different ways of balancing using a variety of body shapes.</p>
3	<p><b>Jumping</b></p> <p>To combine and replicate a series of moves linked together including jumping techniques.</p>	<p><b>Repetition</b></p> <p>To develop and refine a simple routines for individual sequencing work.</p>
4	<p>Repetition</p> <p>To develop and refine a simple routines for individual sequencing work.</p>	<p>Assessment</p>

<b>Striking &amp; Fielding</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	<p><b>Tracking and Fielding</b></p> <p>To replicate throwing and catching techniques while maintaining control over the ball</p>	<p><b>Catching and Fielding</b></p> <p>To explore the use throwing and catching skills when under pressure in a competitive environment.</p>
2	<p><b>Catching and racket / bat familiarization</b></p> <p>To develop the ability to adjust the body in order to strike the ball</p>	<p><b>Striking</b></p> <p>To understand the importance of movement and timing in preparation to strike the ball</p>
3	<p><b>Striking</b></p> <p>To perform and replicate a combination of striking skills in a competitive situation.</p>	<p><b>Competitive situations</b></p> <p>To demonstrate the ability to outwit an opponent in a game situation use a range of techniques</p>
4	<p><b>Competitive situations</b></p>	<p><b>Assessment</b></p>

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	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques	
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<b>Athletics &amp; Fitness</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	<b>The Heart &amp; Lungs During Exercise</b> Explore changes in HR and Breathing during different athletics activities and games.	<b>Fitness Circuits</b> Explore different exercises that target Health Related Fitness as part of a circuits of activities.
2	<b>Running</b> Basic technique for running. To understand the importance of completing a set running task in the most efficient way.	<b>Running</b> To understand how pacing will result in a successful outcome for running short and long distances.
3	<b>Jumping</b> To replicate the basic technique for an effective horizontal distance jump. Explore the difference in jump when swinging arms	<b>Jumping</b> To replicate the basic technique when jumping for vertical height.
4	<b>Throwing</b> To accurately replicate the technique for throwing for distances and accuracy.	<b>Mini athletics festival/sports day</b> To demonstrate an accurate replication of running, jumping and throwing techniques.

<b>Dance</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	To understand the concept of dance	To communicate using body language and facial expression
2	To respond to a changing stimulus and the type of moves that shows this. To develop a small sequences using fluency and creativity	To explore movements and pattern in developing a small sequence using an animal parade as a concept
3	To work as a pair to create a range of emotions	To accurately replicate movements in response to a stimulus (Dismantling a big top tent) Pupils to use a set amount of actions to communicate a story. To develop the skills to work co-operatively with a partner.

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4	To suggest areas of improvement and be able to identify key aspects of what makes a performance effective	Assessment
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<b>Swimming 1</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	Pre- assessment and animal group allocation, (jellyfish, dolphins and sharks) based on ability level.	Establishing a horizontal body position while floating on your front and back.
2	Introduction to the flutter kick and buoyancy.	Navigating the length of the pool with the aid of a float on in front, based on your ability group.
3	Navigating the length of the pool with the aid of a float on your back, based on your ability group.	Navigating the length of the pool with no float, based on your ability group.
4	Introduction to arm action for front crawl and backstroke.	Post assessment of ability.

<b>Swimming 2</b>		
<b>Week</b>	<b>Lesson 1</b>	<b>Lesson 2</b>
1	Pre- assessment and animal group allocation, (jellyfish, dolphins and sharks) based on ability level.	Introduction to the flutter kick and front crawl arm action.
2	Front crawl breathing	Introduction to backstroke
3	Differentiated activities based on ability level.	Differentiated activities based on ability level.
4	Differentiated activities based on ability level.	Assessment