

Physical Education

Year group: 2

Term: Spring 2

Prior knowledge

Pupils understand the physical activity is important in living a healthy lifestyle.

National Curriculum Objectives

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.



Topic overview



Health and Wellbeing

The unit of work will consolidate pupils' understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. Pupils will perform circuits, understanding how motivation can enhance performance.

By the end of this unit, I will be able to:

Doing - Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.

Thinking - Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.

Team Work - Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.

Wellbeing - Pupils will apply honesty and self-belief as they continue to improve their performances and keep their score.

Key vocabulary

- Agility
- Speed
- Feet and eye coordination
- Circuit
- Balanced