

Physical Education

Year group: 2

Term: Autumn 2

Prior knowledge

Pupils will understand movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus

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



Gymnastics - Linking

The unit of work will challenge pupils to explore different ways that they can link movements and balances together. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.

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

Doing - Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.

Thinking - Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.

Team Work - Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.

Wellbeing - Pupils will confidently demonstrate self-belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

Key vocabulary

- Champion gymnastics
- Linking
- Sequence
- Jump
- Roll
- Balance
- Perform