



Physical Education Curriculum Overview - Year 2

	Unit	Details
Autumn One	Balls Skills / Invasion Games	<p>In Ball Skills, pupils will continue to develop their ball control and hand-eye coordination skills. Pupils will play a variety of simple games incorporating rolling, throwing and kicking using a variety of different sized balls.</p> <p>Within invasion games, pupils will begin to understand what an invasion game is and the basic rules within them. Pupils will continue to develop strong spatial awareness and the roles of an attacker and a defender in simple game situations. They will also begin to learn simple tactics and how these can benefit their team in game situations.</p>
Autumn Two	Sportshall Athletics / Sending & Receiving	<p>Within sportshall athletics, pupils will be introduced and explore a variety of athletics disciplines including standing long jump, vertical jump and speed bounce. They will look at the basic techniques of these events and explore how to improve performance. Pupils will also work on their sprint technique and how to maintain speed during a 1-lap and 2-lap sprint. They will be introduced to a relay baton and practise running within a team.</p> <p>In sending and receiving, pupils will build upon their skills developed in Year 1 and in last half term's unit of ball skills. They will apply these skills to small-sided games whereby they will learn to receive and send a ball with control using their hands or feet, as appropriate, and begin to learn to effectively communicate with their team members.</p>
Spring One	Dance / Invasion Focus (Rugby)	<p>In dance, pupils will continue to develop their skills from Year 1 and look to perform with more precision and control. Pupils will explore performing at different levels and speeds while beginning to count to help stay in time to music. A variety of themes and stimuli will be used throughout the lessons which pupils will be able to respond creatively to. Pupils will also work in partners and small groups to create sequences and motifs while also partner mirroring and matching</p> <p>In this half term's invasion focus of rugby, pupils will be introduced to a rugby ball and will explore how to hold, pass and receive the ball. Pupils will also be introduced to a tag belt and play simple games using these.</p>
Spring Two	Gymnastics / Invasion Focus (Hockey)	<p>With the support of a gymnastics coach, pupils will explore and create different movement patterns incorporating balances, jumps and rolls. Pupils will link movements together to create a sequence independently and with a partner. Pupils will learn to use equipment in a variety of ways to create a sequence of movements. Pupils will continue to look at the Key Step 1 sequence and look to complete it with quality and control.</p> <p>In this half term's invasion focus of hockey, pupils will be introduced to a Unihoc stick and will begin exploring how to hold and strike a ball with the stick. Within lessons pupils will also explore passing, dribbling and tackling the ball and begin to apply these skills in simple game situations.</p>
Summer One	Net & Wall / Striking & Fielding	<p>Within the net and wall unit, pupils will explore and develop racket skills along with hand-eye coordination. They will become confident in returning a ball using a racket and become familiar with hitting a ball over a net and against a wall. Pupils will experience playing against an opponent and explore simple tactics to make returning the ball difficult.</p> <p>In striking and fielding, pupils will develop their control and accuracy when throwing underarm and overarm at a target. They will also apply their hand-eye coordination to allow them to track and collect a moving ball. Pupils will be introduced to batting equipment that they will explore and develop confidence with.</p>
Summer Two	Athletics / Striking & Fielding Focus (Cricket)	<p>In athletics, pupils will be introduced to the athletic events of a sprint, longer run, standing long jump and a howler throw. Pupils will look at various techniques to improve these disciplines and will have results recorded to take part in the North Tyneside Quadkids competition.</p> <p>Within this half term, pupils will continue to develop their striking and fielding skills and apply them to the game of cricket. They will be introduced to cricket stumps and bats which they will explore while developing their throwing technique. They will begin to develop decision making skills and tactics in order to get a batter out.</p>

