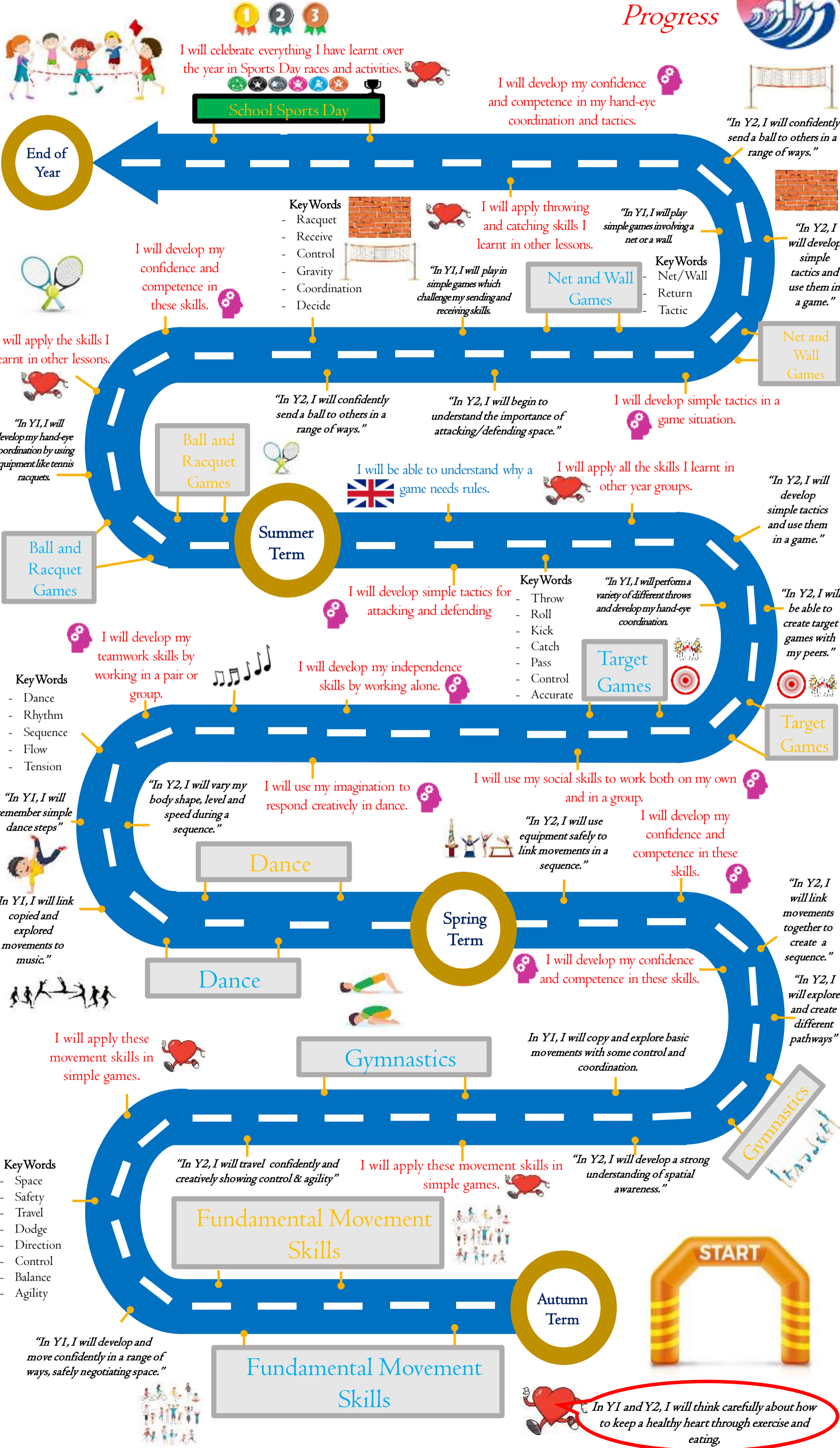


Our PE Journey in Year 1 & 2

*Inclusion
Mastery
Progress*



I will celebrate everything I have learnt over the year in Sports Day races and activities.

School Sports Day

I will develop my confidence and competence in my hand-eye coordination and tactics.

"In Y2, I will confidently send a ball to others in a range of ways."

End of Year

- Key Words**
- Racquet
 - Receive
 - Control
 - Gravity
 - Coordination
 - Decide

I will apply throwing and catching skills I learnt in other lessons.

"In Y1, I will play simple games involving a net or a wall"

Net and Wall Games

- Key Words**
- Net/Wall
 - Return
 - Tactic

"In Y2, I will develop simple tactics and use them in a game."

I will develop my confidence and competence in these skills.

"In Y1, I will play in simple games which challenge my sending and receiving skills."

Net and Wall Games

I will apply the skills I learnt in other lessons.

"In Y2, I will confidently send a ball to others in a range of ways."

"In Y2, I will begin to understand the importance of attacking/defending space."

I will develop simple tactics in a game situation.

Ball and Racquet Games

"In Y1, I will develop my hand-eye coordination by using equipment like tennis racquets."

I will be able to understand why a game needs rules.

I will apply all the skills I learnt in other year groups.

"In Y2, I will develop simple tactics and use them in a game."

Summer Term

Ball and Racquet Games

I will develop simple tactics for attacking and defending

- Key Words**
- Throw
 - Roll
 - Kick
 - Catch
 - Pass
 - Control
 - Accurate

Target Games

"In Y1, I will perform a variety of different throws and develop my hand-eye coordination."

"In Y2, I will be able to create target games with my peers."

I will develop my teamwork skills by working in a pair or group.

I will develop my independence skills by working alone.

- Key Words**
- Dance
 - Rhythm
 - Sequence
 - Flow
 - Tension

"In Y1, I will remember simple dance steps"

"In Y2, I will vary my body shape, level and speed during a sequence."

I will use my imagination to respond creatively in dance.

I will use my social skills to work both on my own and in a group.

"In Y2, I will use equipment safely to link movements in a sequence."

I will develop my confidence and competence in these skills.

Dance

Spring Term

"In Y1, I will link copied and explored movements to music."

I will develop my confidence and competence in these skills.

"In Y2, I will link movements together to create a sequence."

"In Y2, I will explore and create different pathways"

Dance

I will apply these movement skills in simple games.

Gymnastics

In Y1, I will copy and explore basic movements with some control and coordination.

"In Y2, I will travel confidently and creatively showing control & agility"

I will apply these movement skills in simple games.

"In Y2, I will develop a strong understanding of spatial awareness."

Fundamental Movement Skills

- Key Words**
- Space
 - Safety
 - Travel
 - Dodge
 - Direction
 - Control
 - Balance
 - Agility

Autumn Term



Fundamental Movement Skills

"In Y1, I will develop and move confidently in a range of ways, safely negotiating space."

In Y1 and Y2, I will think carefully about how to keep a healthy heart through exercise and eating.