

FUN
  Invasion
  Dance
  Gymnastics
  Strike & field
  Athletics
  Net & wall
  OAA

- explore static balancing
- explore dynamic balance to agility
- explore floor movement patterns
- travel in different ways, showing clear transition
- catch balls of different sizes
- jump in different ways
- throw a range of balls underarm

perform three different types of roles e.g. log, teddy bear and curled side roles

link roles with other movements in a basic sequence

lift and carry basic apparatus safely

apply the above skills to a small sequence



**The Year 2 Sports Person I can...**

begin to evaluate my sequence alongside the class teacher

create shapes with my body

copy a sequence including some of the above

show control when landing jumps

jump on and off apparatus safely

jump in different body shapes e.g. jumping jack, tuck jump and straight jump with half a turn

perform a range of static balances on the floor and on apparatus

link together movements to my help sequence

combine different movement that begin to link

explore and create own sequences

begin to perform in time with music.

kick a ball whilst moving

create different shapes with my body and describe the movement

remember and repeat actions when creating a motif

travel in a number of different ways

dodge a moving object

perform movements in canon and unison

begin vary the speed and level of my actions

look up whilst moving with a ball

develop simple attacking and defending techniques by: creating space by dodging and swerving. Denying space by marking

work as a part of a team.

watch and perform a dance to a story

pass and receive a ball accurately

follow rules to a play a game

catch a range of balls

use the correct technique for underarm

work with a partner to create a dance for a performance

use an overhead and underarm pass

use attacking and defending skills in a game

pass a ball accurately to a partner over a variety of distance

talk about their own performance alongside their class teacher

find and move into space to receive a pass

understand the importance of rules in games

perform a range of rolling, throwing, striking, kicking, catching and gathering skills.

kick a range of balls with control

pass to a player in space

Participate in team games

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move at different speeds: sprint and jog and begin to look at running for a certain distance

hold a bat / racket correctly

begin to make simple decisions about when and where to run

participate in team games, developing simple tactics for attacking and defending

jump for height using appropriate technique

use a bat / racket to hit an object towards a target

begin to show awareness of others in running, chasing and avoiding other players

follow rules

jump for distance using appropriate technique

hit a ball in the air

jump in different ways: taking off and landing from one foot or two

hit a ball that has been thrown to me

roll a ball with control

create and perform a jumping sequence

hit a ball that has been rolled to me

begin to understand what a tactic is

apply a tactic that I have practised

apply ball and wall skills to a team game