

Year 2

Team building

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to follow instructions and work with others.	I know how to create a plan with a group to solve the challenges.	I know how to use teamwork skills to work as a group to solve problems.
	I know to co-operate and communicate in a small group to solve challenges.	I know how to communicate effectively and develop trust.	I know how to work with a group to copy and create a basic map.

Net and wall games

Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to use the ready position to defend space on court.	I know how to play against a partner.	I know how to develop returning a ball using a racket.
	I know how to develop returning a ball with hands.	I know how to develop racket skills and use them to return a ball.	I know how to play against an opponent using a racket.

Yoga

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to copy and repeat yoga poses.	I know how to develop an awareness of flexibility when completing yoga poses.	I know how to create a flow, perform and teach it to a partner.

	I know how to develop an awareness of strength when completing yoga poses.	I know how to copy and remember actions linking them into a flow.	I know how to explore poses and create a yoga flow.
--	--	---	---

Fitness

Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to learn how to run for a long time.	I know how to develop co-ordination in individual skipping.	I know how to explore exercises to develop strength.
	I know how to develop jumping in a long rope using timing.	I know how to develop stamina and change of direction.	I know how to develop agility, balance and co-ordination.

Gymnastics

Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to perform gymnastic shapes and link them together.	I know how to use shapes to create balances.	I know how to link travelling actions and balances using apparatus.
	I know how to perform gymnastics shapes with control and link them together.	I know how to use shapes to create balances.	I know how to develop travelling actions and balances using apparatus.

Dance

Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to remember, repeat and link actions to tell the story of my dance.	I know how to use counts of 8 to help you stay in time with the music.	I know how to explore pathways and levels.
	I know how to develop an understanding of dynamics and how they can show an idea.	I know how to copy, remember and repeat actions using facial expressions to show different characters.	I know how to remember and rehearse our circus dance showing expression and character.

Ball Skills

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop rolling a ball to hit a target.	I know how to develop dribbling a ball with your feet.	I know how to develop throwing and catching.
	I know how to develop stopping a rolling ball.	I know how to develop kicking a ball.	I know how to develop dribbling a ball with your hands.

Sending and receiving

Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to roll a ball towards a target.	I know how to send and receive a ball with your feet.	I know how to develop throwing and catching skills.
	I know how to track and receive a rolling ball.	I know how to develop catching skills.	I know how to send and receive a ball using a racket.

Striking and fielding

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to track a rolling ball and collect it.	I know how to develop overarm throwing to limit a batter's score.	I know how to be able to get a batter out.
	I know how to develop underarm throwing and catching to field a ball.	I know how to develop hitting for distance to score more points.	I know how to understand the rules of the game and use these to play fairly.

Target games

Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to consider how much power to apply when aiming at a target.	I know how to develop striking to a target.	I know how to select and apply the appropriate skill to the target game.
	I know how to understand how to score using overarm and underarm throwing.	I know how to develop hitting a moving target.	I know how to show an improvement in my personal best.

Athletics

Invasion games

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop the sprinting action.	I know how to develop jumping for height.	I know how to develop throwing for accuracy.
	I know how to develop jumping for distance.	I know how to develop throwing for distance.	I know how to select and apply knowledge and technique in an athletics carousel.

Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to understand what being in possession means and support a teammate to do this.	I know how to understand that stopping goals is a defending skill and explore ways to do this.	I know how to mark an opponent and understand that this is a defending skill.
	I know how to understand that scoring goals is an attacking skill and to explore ways to do this.	I know how to explore how to gain possession.	I know how to apply simple tactics for attacking and defending.