

Year 2 Term 1 P.E: Fundamentals



Curriculum Key Question: How can I look after myself and others?
Topic: Where in the world does a tiger live?
live?

To develop balancing and moving with control.	To develop balance, stability and landing safely.	To explore how the body moves differently when running at different speeds.	To develop changing direction and dodgin.	To develop and explore jumping, hopping and skipping actions.	To develop co-ordination and combining jumps.	To develop combination jumping and skipping in an individual rope.	To apply fundamental skills to a variety of challenges.
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What should I already know?

- I can change direction when moving at speed.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can show hopping and jumping movements.
- I can work co-operatively with others to complete tasks.
- I show balance and co-ordination when static and moving at a slow speed.

Key Skills: Physical

- Balancing
- Sprinting
- Jogging
- Dodging
- Jumping
- Hopping
- Skipping



Key Skills: S.E.T

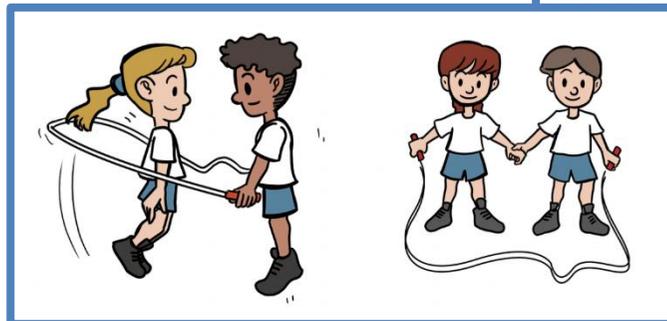
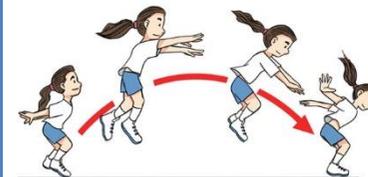
- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Respect
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying
- Thinking: Identifying strengths

Key Vocabulary

- **Balance:** The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
- **Jump:** Take off and land on two feet.
- **Hop:** Take off on one foot and land on the same foot.
- **Leap:** Take off on one foot and land on the other foot.

Skills I will develop:

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope.
- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.



What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills and apply these to recreational, activity or sport-specific situations.

