

# Physical Education

## Curriculum End Points



### Year 2

#### Unit: Health & Well-being

- Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.
- Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.
- Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.
- Pupils will apply honesty and self-belief as they continue to improve their performances and keep their score.

#### Unit: Locomotion – Dodging 1

- Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.
- Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.
- Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.
- Pupils will develop life skills such as honesty and self-belief as they strive to dodge effectively and keep the score in their games.

#### Unit: Locomotion – Jumping 1

- Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also within games.
- Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping.
- Pupils will develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others.
- Pupils will consistently apply life skills such as self-belief and honesty as they play within the rules of the game and jump confidently.

## Unit: Ball Skills – Hands 1

- Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.
- Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
- Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.
- Pupils will continue to effectively apply life skills such as self-belief and integrity as they strive to improve their own performance whilst playing fairly.

## Unit: Ball Skills – Feet 1

- Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.
- Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
- Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.
- Pupils will continue to effectively apply life skills such as self-belief and integrity as they strive to improve their own performance whilst playing fairly.

## Unit: Gymnastics – Linking

- Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- Pupils will confidently demonstrate self-belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

## Unit: Outdoor Adventure Activities – Team Building

- Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.
- Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.
- Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.
- Pupils will develop life skills such as courage and self-belief as they strive to complete the different challenges, adapting strategies and never giving up.

## Unit: Dance – Water

- Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.
- Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response.
- Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences.
- Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.

## Unit: Ball Skills – Rackets, Bats & Balls

- Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.
- Pupils will understand why it is so important to hit the ball into space and apply this understanding as they outwit their opponents.
- Pupils will continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved.
- Pupils will show determination and self-motivation as they strive to improve and show a positive attitude in their learning.

## Unit: Gymnastics – Pathways

- Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- Pupils will demonstrate life skills such as empathy and gratitude as they work safely together. Pupils will support each other and share apparatus.
- Pupils will confidently demonstrate self-belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

## Unit: Games for Understanding

- Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.
- Pupils will understand the consequences of breaking the rules and not applying tactics successfully. Pupils will understand the difference between attack and defence.
- Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition.
- Pupils will apply a competent understanding of honesty as they play by the rules and keep score. Pupils will develop understanding of self-discipline.

## Unit: Dance – Explorers

- Pupils can respond to music with appropriate movements and actions, using their whole body. Pupils can ensure movements are big and clear.
- Pupils will refine their application of life skills such as curiosity and imagination as they create a range of movements linked to a variety of characters.
- Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences.
- Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.