



Thames View Infants PE Scheme of Work – Overview and Medium Term Plans

Year 2 - Term 2a

Dance		Keywords & Phrases
Learning Objectives	Activities	
<p>Children should learn:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To explore, remember, repeat and link a range of actions with coordination and control, and an awareness of the expressive qualities of the dance <p>Selecting and applying</p> <ul style="list-style-type: none"> To compose and perform dance phases that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas <p>K & U of fitness and health</p> <ul style="list-style-type: none"> To recognise and describe how different dance activities make them feel To understand the importance of warming up and cooling down <p>Evaluating and improving</p> <ul style="list-style-type: none"> To watch and describe dance phrases and dances, and use what they learn to improve their own work 	<p>Rawmarsh</p> <p>Dance</p> <p>Year 2</p> <p>Lesson 1 - 6</p>	<p>Actions</p> <ul style="list-style-type: none"> step; side (slip) step jump high (for height) hang swing <p>Dynamics</p> <ul style="list-style-type: none"> apart; together far apart; close together high to low; low to high levels smooth (transitions) <p>Partner Work</p> <ul style="list-style-type: none"> match; matching together lead; follow alongside (side by side) <p>Space</p> <ul style="list-style-type: none"> around straight pathway zigzag pathway <p>Others</p> <ul style="list-style-type: none"> practise



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		<ul style="list-style-type: none">• presentation• demonstrate• easy; easier; easiest• hard; harder; hardest• breathe; breathing• heart
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Year 2 - Term 2a

Gymnastics		Keywords & Phrases
<p>Learning Objectives</p> <p>Children should learn:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision <p>Selecting and applying</p> <ul style="list-style-type: none"> To choose, use and vary simple compositional ideas in the sequences they create and perform <p>K & U of fitness and health</p> <ul style="list-style-type: none"> To recognise and describe what their bodies feel like during different types of activities <p>Evaluating and improving</p> <ul style="list-style-type: none"> To improve their work using information they have gathered by watching, listening and investigating 	<p>Rawmarsh</p> <p>Gymnastics</p> <p>Year 2</p> <p>Lesson 7 - 12</p>	<p>Actions</p> <ul style="list-style-type: none"> step; side (slip) step jump high hang swing <p>Dynamics</p> <ul style="list-style-type: none"> apart; together far apart; close together high to low; low to high levels smooth (transitions) <p>Partner Work</p> <ul style="list-style-type: none"> match; matching together lead; follow alongside (side by side) <p>Space</p> <ul style="list-style-type: none"> around straight pathway zigzag pathway <p>Others</p> <ul style="list-style-type: none"> practise



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