



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

Year 2 - Term 2b

Athletics		Keywords & Phrases	
Learning Objectives	Activities		
<p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To develop, consolidate and improve the quality, range and consistency of the techniques they use for particular events <p>Selecting and applying</p> <ul style="list-style-type: none"> To choose skills, equipment, tactics and strategies to help them meet the challenges they are set <p>K & U of fitness and health</p> <ul style="list-style-type: none"> To recognise and describe the short term effects of different activities on the body and why exercise is good for them longer term To understand the basic principles of warming up <p>Evaluating and improving</p> <ul style="list-style-type: none"> To observe, describe and evaluate the effectiveness of performance and suggest ways to improve it 	<p>Rawmarsh</p> <p>Athletics Unit 2</p> <p>Jumping (Lessons 7 - 9)</p> <p>Multi Activity Team Relay (Lessons 10 – 12)</p>	<p>Track</p> <ul style="list-style-type: none"> run, jog, sprint <p>Throws</p> <ul style="list-style-type: none"> push, over arm (javelin), sling and fling throws approach, stance, follow through <p>Jumps</p> <ul style="list-style-type: none"> approach, take off; landing hop, step, jump relay tactic, strategy estimate; estimation strength, suppleness, speed and endurance (stamina) vigorous activity breathing rate heart (pulse) rate pulse 	<ul style="list-style-type: none"> temperature warm up observe assess compare improve; improvement link, combine pattern



Year 2 - Term 2b

Dance		Keywords & Phrases
<p>Learning Objectives</p> <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>Activities</p> <p>Rawmarsh</p> <p>Dance</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 (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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