



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

Year 2 - Term 3b

Games		Keywords & Phrases
<p><b>Learning Objectives</b></p> <p>Children should learn:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> <li>To improve the way they coordinate their bodies and a range of equipment</li> <li>To remember, repeat and link combinations of skills</li> </ul> <p>Selecting and applying</p> <ul style="list-style-type: none"> <li>To choose, use and very simple tactics</li> </ul> <p>K &amp; U of fitness and health</p> <ul style="list-style-type: none"> <li>to recognise and describe what their bodies feel like doing different types of activity</li> </ul> <p>Evaluating and improving</p> <ul style="list-style-type: none"> <li>to recognise good quality in performance</li> <li>to use information to improve their work</li> </ul>	<p>Rawmarsh</p> <p>Games Year 2</p> <p>Lessons 13-18</p>	<ul style="list-style-type: none"> <li>innings</li> <li>striking square</li> <li>bowling square</li> <li>invasion game</li> <li>barrier</li> <li>return</li> <li>feed; self-feed</li> <li>teamwork</li> <li>spreading a field/attack</li> <li>pattern of play</li> <li>practise</li> <li>easy; easier; easiest</li> <li>hard; harder; hardest</li> <li>accurate; accuracy</li> <li>breathe; breathing</li> <li>heart rate; pulse rate</li> <li>pulse rising</li> <li>temperature</li> <li>relaxation</li> <li>tension</li> <li>joints- shoulder etc</li> <li>mobility</li> </ul>



Year 2 - Term 3b

Athletics		Keywords & Phrases
<p><b>Learning Objectives</b></p> <p>Children should learn:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> <li>to develop, consolidate and improve the quality, range and consistency of the techniques they use for particular events</li> </ul> <p>Selecting and applying</p> <ul style="list-style-type: none"> <li>to choose skills, equipment, tactics and strategies to help them meet the challenges they are set</li> </ul> <p>K &amp; U of fitness and health</p> <ul style="list-style-type: none"> <li>to recognise and describe the short term effects of different activities on the body and why exercise is good for them longer term</li> <li>to understand the basic principles of warming up</li> </ul> <p>Evaluating and improving</p> <ul style="list-style-type: none"> <li>to observe, the scribe an evaluate the effectiveness of performers and suggest ways to improve it</li> </ul>	<p><b>Activities</b></p> <p>Rawmarsh</p> <p>Athletics Unit 3</p> <p>Throwing (Lessons 1-4)</p> <p>Jumping (Lessons 5-6)</p>	<p><b>Track</b></p> <ul style="list-style-type: none"> <li>run, jog, split</li> </ul> <p><b>Throws</b></p> <ul style="list-style-type: none"> <li>push, over arm (javelin) sling and fling throws</li> <li>approach, stance, follow through</li> <li>turn</li> <li>trajectory</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>approach; take off; landing</li> <li>hop, step, jump</li> <li>relay</li> <li>tactic, strategy</li> <li>estimate, estimation</li> <li>strength, suppleness, speed and endurance (stamina)</li> <li>vigorous activity</li> <li>breathing rate</li> <li>heart pulse rate</li> <li>pulse</li> <li>temperature</li> <li>warm up</li> <li>observe</li> </ul>



		<ul style="list-style-type: none"><li>• assess</li><li>• compare</li><li>• improve; improvement</li><li>• link, combine</li><li>• pattern</li></ul>
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Year 2 - Term 3b

Orienteering		Keywords & Phrases
<p><b>Learning Objectives</b></p> <p>Children should learn:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> <li>to develop and refine their skills and work with others to solve problems and meet physical at intellectual challenges</li> </ul> <p>Selecting and applying</p> <ul style="list-style-type: none"> <li>to choose skills, equipment and strategies to help them meet the challenges they are set</li> <li>to adapt to changing situations and environments</li> </ul> <p>K &amp; U of business and health</p> <ul style="list-style-type: none"> <li>to recognise and describe the short term effects of different activities on the body and why exercise is good for them long term</li> <li>to understand the basic principles of warming up</li> </ul> <p>Evaluating and improving</p> <ul style="list-style-type: none"> <li>to observe, describe and evaluate the effectiveness of performance and suggest ways to improve it</li> <li>to see the importance of teamwork</li> </ul>	<p><b>Activities</b></p> <p>Rawmarsh</p> <p>Orienteering Unit 2</p> <p>Weather (Lesson 1)</p> <p>Orienteering Challenge (Lessons 2-6)</p>	<ul style="list-style-type: none"> <li>train, track, route, course, journey</li> <li>orientate; orienteering</li> <li>team building, teamwork, cooperation, team relay</li> <li>trust, responsibility</li> <li>signs, symbols</li> <li>compass bearings, grid references</li> <li>map, map reading setting a map</li> <li>problem solving, challenge</li> <li>plan, strategy, target</li> <li>weather, conditions, extreme conditions, hazard, risk</li> <li>ordinance survey</li> <li>shelter, campcraft</li> <li>strength, suppleness, speed and endurance (stamina)</li> <li>vigorous activity</li> <li>breathing rate</li> <li>heart (pulse) rate</li> <li>pulse</li> <li>temperature</li> <li>warm up</li>   <li>observe</li> <li>assess</li> </ul>



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		<ul style="list-style-type: none"><li>• estimate</li><li>• compare</li><li>• Improve; improvement</li><li>• strengths, weaknesses</li><li>• evaluate</li></ul>
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