

MTP PE Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Topic title – Stretch and Curl</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know that in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.</p> <p>Key Skills – I can copy and remember actions I can climb safely on large equipment I can stretch and curl to develop increasing flexibility</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing,</p>	<p>Topic title – Jumping and Landing</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. Travel - Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. <i>Changing direction makes movements interesting.</i> Jumping - Keep your chest upright, don't tilt to one side. -Bend your knees & spring upwards to jump high. -Try to land without much noise. Bend your knees. Landing – As you land</p>	<p>Topic title – Leading. Team games, developing tactics</p> <p>Key Knowledge – To know team games are a group of activities in which players need to work together.</p> <p>Key Skills – I understand the terms 'opponent' and 'team mate' I can develop basic tactics for small team games I can lead others in small game situations</p> <p>Key Vocabulary – Team Building, Team Games, Communication, Collaboration, Leadership, Strategy, Respect, Honesty, Reflection, Speed, Agility, Strength, Accuracy</p> <p>Fundamental Movements Underarm Throw Overarm Throw</p>	<p>Topic title – Rolling, forwards, backwards and sideways</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. To know that rolling is moving by turning on the ground.</p> <p>Key Skills – I can copy and remember actions I can travel by rolling forwards, backwards and sideways</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing, Sequence, Confidence, Feedback,</p>	<p>Topic title – Balance using large equipment</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. Know each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Know each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Know that keeping arms and legs further apart helps. Know to point toes. Know when taking weight on hands, tense stomach.</p> <p>Key Skills –</p>	<p>Topic title – Athletics</p> <p>Key Knowledge – Know that athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events. Know that rack events involve running and sprinting. Know that field events often use skills like jumping and throwing. Know that someone competing in athletics is known as an athlete.</p> <p>Key Skills – I can set myself targets to improve my performance I can run with control I can jump with control</p> <p>Key Vocabulary – Athletics, Strength, Speed, Endurance, Running, Jumping, Throwing, Sprinting, Obstacle, Equipment Persevere, Hurdling,</p>

	<p>Sequence, Confidence, Feedback, stretch, curl</p> <p>Fundamental Movements Climb Bench Walk Gallop Side Gallop</p>	<p>remember to bend your knees</p> <p>Key Skills – I can copy and remember actions I can climb safely on large equipment I can jump in a variety of ways and land with increasing control and balance</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing, Sequence, Confidence, Feedback, jumping, landing, tuck, pike, straight</p> <p>Fundamental Movements Jump for Height</p>	<p>Catch medium ball 2 Handed Strike Foot Dribble Kick</p>	<p>rolling, forward roll, teddy roll, side roll, backwards roll</p> <p>Fundamental Movements Side Roll</p>	<p>I can hold a position whilst balancing on different points of my body I can climb safely on large equipment</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing, Sequence, Confidence, Feedback</p> <p>Fundamental Movements Balance on 1 foot Climb Bench Walk</p>	<p>Distance</p> <p>Fundamental Movements Sprint Run Skip Hop Jump for Height Jump for Distance</p>
Lesson 1	<p>Floor work – explore stretching and curling</p> <p>Perform and evaluate</p>	<p>Low level equipment – think about jumping and landing. Start with straight jump</p> <p>Perform and evaluate</p>	<p>Basic movement and spatial awareness.</p> <p>Simple team game with rules</p>	<p>Floor – side rolls, pencil roll and teddy bear rolls. Link movement together in a sequence</p> <p>Perform and evaluate</p>	<p>Floor work - individual balance</p> <p>Perform and evaluate</p>	<p>Sprinting</p>
Lesson 2	<p>Floor work and introduce some low level equipment – explore making</p>	<p>Low level equipment – explore different ways to jump making sure landing safely – with</p>	<p>Movement with a ball</p> <p>Team game with rules using a ball</p>	<p>Floor – recap rolls learnt so far. Now try from standing into the rolls. Create a</p>	<p>Floor work – Partner balance</p> <p>Perform and evaluate</p>	<p>Throwing and long jump</p>

	shapes with the body to develop flexibility Perform and evaluate	control Perform and evaluate		routine Perform and evaluate		
Lesson 3	Floor work and low level equipment. Make shapes with a partner (pair up matching children to someone with similar flexibility) Perform and evaluate	Low level equipment – introduce different ways to jump. Children explore the different ways to jump Perform and evaluate	Sending skills – rolling Compete as a team (bowling)	Floor – explore rolls and when ready introduce a forward roll. Create a routine with partner linking rolls together Perform and evaluate	Low level equipment – individual balance Perform and evaluate	Hurdles and relay
Lesson 4	Floor work and low level equipment. Make shapes with a partner (pair up matching children to someone with similar flexibility) Link movements together to create a short sequence Perform and evaluate	Low level and med level jump from height (benches and boxes) With a partner explore jumping and landing in a variety of ways. Copy movements Perform and evaluate	Aiming – into a net or hoop Build up to a team game with rules Perform and evaluate	Floor – explore rolls and when ready introduce a backwards roll. Create a routine with partner linking rolls together Perform and evaluate	Low level equipment – Partner balance Perform and evaluate	Throwing and long distance
Lesson 5	Floor work and low level equipment. Make shapes in a small group - mirror (pair up matching children to someone with similar flexibility)	Low level and med level (benches and boxes) With a partner explore jumping and landing in a variety of ways. Link movement together by thing of	Striking – Kicking a ball Build up to a team game with rules	Floor work – in groups link movement together and create a short sequence Perform and evaluate	Large equipment – partner balance. Link balance to create a short sequence Perform and evaluate	Shuttle runs and long jump

	Perform and evaluate	different ways to travel ending with jumping and landing Perform and evaluate				
Lesson 6	Floor work and low level equipment. Make shapes in a small group - mirror (pair up matching children to someone with similar flexibility) Link movements together to create a short sequence Perform and evaluate ASSESS and hand to leader	Low level and med level (benches and boxes) In a small group explore jumping and landing in a variety of ways. Link movement together by thinking of different ways to travel ending with jumping and landing Perform and evaluate ASSESS and hand to leader	Sending and receiving Applying all throwing and catching skills. Working as a team Develop strategies and tactics into a game of bench ball	.Floor work – in groups link movement together and create a short sequence Perform and evaluate ASSESS and hand to leader	Large equipment – partner balance. Link balance to create a short sequence Perform and evaluate	Relay and 3 spring jump
Lesson 7	Perform and evaluate		ASSESS and hand to leader		Large equipment – small group balance. Link balance to create a short sequence (include travel and jumping and landing) Perform and evaluate ASSESS and hand to leader	Mixed ASSESS and hand to leader

Lesson 8						
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