



## PE (Year 2)

<b>Overview</b>	<p>The PE. curriculum at William Hulme's Grammar School provides children with the opportunity to develop skills in four key areas: games, athletics, dance and gymnastics. This curriculum has been developed with the ambition of children achieving the Key Stage expectations, set out in the National Curriculum, by providing a year-on-year development of skills in each of the four key areas of PE. The curriculum also aims to develop each child in two ways: through physical outcomes and emotional outcomes.</p> <p>Our intent is to deliver high-quality lessons that inspire all pupils to succeed and excel in physical activities, including competitive sport, through the teaching of fundamental movement skills in the Early Years and Key Stage 1. We aim to provide opportunities for pupils to become physically confident in order for them to lead healthy, active lifestyles.</p> <p>We provide opportunities to compete in sport in order to build character and help to embed values, such as fairness and respect. Children will begin to develop these skills in Key Stage 1 when taking part in simple games and developing their understanding of playing with others, learning to demonstrate honesty and playing with gratitude, empathy and fairness.</p>
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	Indoor	Outdoor	Assessment
<b>Autumn Term</b>	<p><b>Unit: Gymnastics – Stretching, curling and arching</b></p> <p><b>Area of learning:</b> Children can stretch, curl and arch under control.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Travel in curled positions.</li> <li>• Stretching in balances and performing arches (key form for front and back supports).</li> <li>• Perform a sequence with a clear starting and finishing positions.</li> </ul>	<p><b>Unit: Fundamental Movement Skills 2</b></p> <p><b>Area of learning:</b> Focusing on locomotion skills which have been mastered.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Be able to move carefully retaining balance when hopping.</li> <li>• Travel in different ways such as backwards.</li> <li>• Jump in a variety of ways while evading others safely.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>
	<p><b>Unit: Dance – Animals</b></p> <p><b>Area of learning:</b> Develop a dance showing agility, balance, coordination and precision.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Use their body and create theme related shapes, movements and actions.</li> <li>• Incorporate individual, pair and group sections to build into the final performance where children should be able to reflect on performance.</li> </ul>	<p><b>Unit: Invasion Game Skills 2</b></p> <p><b>Area of learning:</b> Explore some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Be able to catch a ball consistently after one bounce or on the full.</li> <li>• Pass the ball consistently with control.</li> <li>• Look to track an opponent to be able to dodge to beat them.</li> <li>• Finally, compete with some spatial awareness in team games.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>

	Indoor	Outdoor	Assessment
Spring Term	<p><b>Unit: Gymnastics – Spinning, turning and twisting</b></p> <p><b>Area of learning:</b> To spin, turn and twist under control.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Be able to twist in flight and before a roll.</li> <li>• Change the point of contact in balances by leading into the next balance by twisting to include inversion.</li> <li>• Be able to work in synchronisation with a partner to perform different balances and twists and mirroring.</li> </ul>	<p><b>Unit: Fundamental Movement Skills 3</b></p> <p><b>Area of learning:</b> Use locomotion skills to develop mastery of different ways of moving whilst showing awareness of others and their surroundings.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Be able to jump in a variety of ways including for height.</li> <li>• Dribble a ball with either hand. Receive a ball and trap it.</li> <li>• Pass in different ways.</li> <li>• Catch consistently well.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2, 3</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>
	<p><b>Unit: Dance – Fire of London</b></p> <p><b>Area of learning:</b> Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Use their bodies to create theme related shapes, movements and actions. Progress from whole group choreography to individual, pair and small group sections.</li> </ul>	<p><b>Unit: Target Games 3</b></p> <p><b>Area of learning:</b> Develop more complex skills and an understanding of specific techniques.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Throw, roll and punt a ball underarm with either hand with some accuracy at a target.</li> <li>• Strike a ball, with a racket or bat, at a target with some degree of force.</li> <li>• Aim with accuracy at a target so it hits on the second bounce.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2, 3</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>

	Indoor	Outdoor	Assessment
Summer Term	<p><b>Unit: Striking and Fielding Game Skills 2</b></p> <p><b>Area of learning:</b> Develop the basic skills to be able to play striking and fielding sports.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Look at batting to strike a ball off a tee.</li> <li>• Bowling underarm or overarm with a straight arm.</li> <li>• Develop fielding skills and combine all to play a game.</li> </ul>	<p><b>Unit: Athletics 2</b></p> <p><b>Area of learning:</b> Develop their ability to coordinate and link movements and refine their techniques.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Coordinate a run with a jump showing agility, balance and coordination.</li> <li>• Progress to add a short run up to a jump and throw with a run up.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>
	<p><b>Unit: Tri Golf</b></p> <p><b>Area of learning:</b> Learn the basics of golf. Using hand eye coordination skills to strike a ball.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Show how to grip a golf club appropriately.</li> <li>• Adopt a stance to strike a ball.</li> <li>• Work through the main components of golf putting and iron play.</li> <li>• Develop height or distance on the iron shots.</li> </ul>	<p><b>Unit: Net and Wall Game Skills 2</b></p> <p><b>Area of learning:</b> Develop the basic skills involved in games they will play at a later date such as volleyball, short tennis and dodgeball.</p> <p><b>Overview:</b></p> <ul style="list-style-type: none"> <li>• Send and receive a ball with some degree of accuracy.</li> <li>• Striking a ball, maintaining a rally with a partner while using forehand and backhand.</li> </ul>	<p><b>Fit to Perform</b> KPI 1, 2</p> <p><b>Fit to Lead</b> KPI 4, 5, 6</p> <p><b>Fit for Life</b> KPI 7, 8, 9</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"><li>• Support your child in attending Extra-Curricular sport in school</li><li>• Support your child in joining a local sports club</li><li>• Look at TeamMCR website for more opportunities for your child - <a href="https://teammcr.co.uk/">https://teammcr.co.uk/</a></li></ul>	