

# Physical Education (PE) Year Planner

## Year 2

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>REAL PE Unit</b>	Real PE Unit 1 Personal	Real PE Unit 2 Social	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 5 Physical	Real PE Unit 6 Health and Fitness
<b>REAL PE Warm Up x 2 (Mon)</b> See REAL PE planning	Rock, Paper, Scissors Snap, Crackle, Pop	Stepping stones Find and select shapes	Race Walking Stuck in the mud	Grand Prix On the mat	Continuous throwing relay Ball handling	Inside Out Rock, Paper, Scissors
<b>Fundamental Skills (Mon – Weds)</b> See REAL PE planning	Coordination: Footwork (FUNS 10)  Static Balance: One leg (FUNS 1)	Dynamic Balance to Agility: Jumping and Landing (FUNS 6)  Static Balance: Seated (FUNS 2)	Dynamic Balance: On a line (FUNS 5)  Static Balance (FUNS 4)	Coordination: Ball Skills (FUNS 9)  Counter Balance: with a partner (FUNS 7)	Coordination: Sending and Receiving (FUNS 8)  Agility: Reaction/Response (FUNS 12)	Agility: Ball chasing (FUNS 11)  Static Balance: Floor work (FUNS 3)
<b>REAL PE Cog Learning Focus</b>	I have begun to challenge myself. I know where I am with my learning <b>EXC</b>  I try several times if at first I don't succeed and ask for help when appropriate. <b>EXP</b>	Cog Learning focus  I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas <b>EXC</b>	I can explain what I am doing well and begun to identify areas for improvement. <b>EXC</b>  With help, I can recognise similarities and differences in performance.	I can respond differently to a variety of tasks or music. <b>EXC</b>  I can begin to compare my movements and skills with those of others. <b>EXP</b>	Cog Learning focus I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency <b>EXC</b>	Cog Learning focus  I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down <b>EXC</b>

	I can follow instructions, practise safely and work on simple tasks by myself. <b>WT</b>	I can help praise and encourage others in their learning <b>EXP</b>  I can work sensibly with others, taking turns and sharing <b>WT</b>	I can explain why someone is working or performing well. <b>EXP</b>  I can name some things I am good at. I can understand and follow simple rules. <b>WT</b>	I can explore and describe different movements. <b>WT</b>	I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed <b>EXP</b>  I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together <b>WT</b>	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely <b>EXP</b>  I am aware of why exercise is important for good health <b>WT</b>
<b>Traditional PE</b> (Thursday)	<b>Balls skills (catching/throwing/passing)</b> <b>Basketball</b>	<b>Real Gym (Social)</b>	<b>Tag Ruby</b>	<b>Real Dance (Health and Fitness)</b>	<b>Ball skills/agility (Kwik Cricket)</b>	<b>Athletics</b>
<b>Sequence of Lessons</b>	L1: To move into space  L2: To move with a ball.  L3: To bounce, roll, and carry a ball.  L4: To throw and catch a ball with others  L5: To move towards a goal to defend it.  L6: To compete against others trying to score.	L1: Learn points and patches balances  L2: Explore point and patch balances using low apparatus.  L3: Explore point and patch balances using large apparatus  L4: Learn more complex travelling movements using feet, adding variety by	L1: To hold and move with a rugby ball  L2: To pass the ball pointing the nose of the ball  L3: To pass accurately to a partner  L4: To run with the ball  L5: To play tag games	L1: To form solo shapes.  L2: To form shapes with a partner  L3: To form solo circles  L4: To form partner circles  L5: Artistry abstractions  L6: Artistry making	L1: To move a ball  L2: To throw a ball at a target  L3: To catch a ball  L4: To hit a ball  L5: To work with others  L6: To compete against others	L1: Move into space  L2: To control your body and equipment when throwing, running and jumping  L3: To land safely when jumping  L4: To run and jump on the balls of your feet  L5: To show a correct pull throw technique

		<p>combining with hand apparatus</p> <p>L5: Explore more complex travelling movements using low apparatus</p> <p>L6: Explore more complex travelling movements using large apparatus:</p>	L6: To try score goals by getting past opponents.			L6: To compete against yourself and others.
<p><b>Fitness Friday</b> Links to 5 ways to well-being.</p>	<p>Wk 1 – Skipping Wk 2 – climbing wall Wk 3 – Cosmic yoga Wk 4 – Super movers / go noodle Wk 5 – Relay races Wk 6 – circuit training</p>	<p>Wk 1 – Skipping Wk 2 – climbing wall Wk 3 – Cosmic yoga Wk 4 – Super movers / go noodle Wk 5 – Relay races Wk 6 – circuit training</p>	<p>Wk 1 – Skipping Wk 2 – climbing wall Wk 3 – Cosmic yoga Wk 4 – Super movers / go noodle Wk 5 – Relay races Wk 6 – circuit training</p>	<p>Wk 1 – Skipping Wk 2 – climbing wall Wk 3 – Cosmic yoga Wk 4 – Super movers / go noodle Wk 5 – Relay races Wk 6 – circuit training</p>	<p>Wk 1 – Skipping Wk 2 – climbing wall Wk 3 – Cosmic yoga Wk 4 – Super movers / go noodle Wk 5 – Relay races Wk 6 – circuit training</p>	<p>Wk 1 – Bikes and Scooters Wk 2 – Bleep Test Wk 3 – Yoga Wk 4 – Joe Wicks Cardio Wk 5 – Relay Races Wk 6 – Skip to Be Fit</p>
<p><b>Vocabulary</b></p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, persevere, challenge, practice, success</p> <p><b>Basketball:</b> Basketball, hoops, bounce, catch, shooting, scoring, Teamwork, passing, dribbling</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, sequences, express, tactics, rules, versions, link</p> <p><b>Real Gym:</b> Points Patches Balances Apparatus Travelling Movement Combining explore</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, tactics, attacking, defending, similarities, differences Improvement Performance rules</p> <p><b>Tag Rugby:</b> Tag rugby Belts Target Catch Space</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, sequences, roll, movement</p> <p><b>Real Dance:</b> Standing shapes Floor shapes 4,3, and 2 points of contact Turn, jump, step, spiral Explore movement</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, tension, flow, sequences, link, repeat, consistency, level, speed, direction</p> <p><b>Quik Cricket:</b> Throwing Batting Fielding Catching Explore the game Experiment Striking Long barrier Teamwork</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, fitness, exercise, healthy, monitor, warm up, cool down,</p> <p><b>Athletics:</b> Throwing Running Jumping Personal best Speed Competition Races Distance</p>

			Attack Defend Try		Get in line Communication Tracking the ball Wickets Wicket keeper Feeder Fielder Underarm	measuring
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