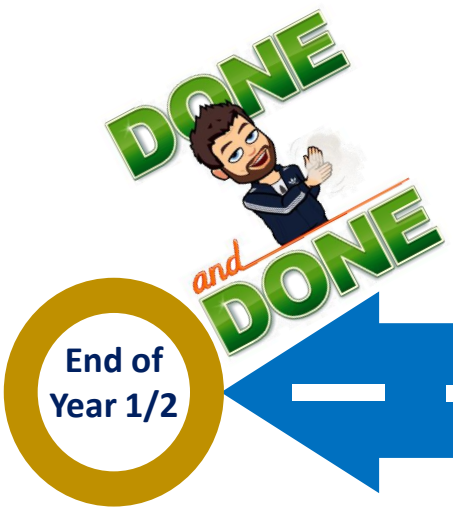
Our PE journey in Year 1 & 2



We will have to work sensibly and effectively in pairs or small groups.

Outdoor Adventure Play

Key Words
-Problem
-Solve
-Help
-Talk
-Listen
-Captain
-Ideas
-Team
-Trust

End of Year 1/2

We will take part in problem solving and 'survival' activities.

"In Y1 I can respond and overcome simple challenges"

We will develop learn and follow rules to new games.

Team Games

Key Words
-Attack
-Defend
-Goal
-Target
-Teamwork
-Scoring
-Roles

"In Y2 I can challenge myself in different games and races"

We will develop fundamental skills of running, throwing and jumping.

"In Y2 I can use these skills in attacking and defending games"

We will participate in organised competition.

Sports Day Activities

Key Words
-Run
-Speed
-Jump
-Throw
-Race
-Effort
-Challenge

Summer Term

We will participate in team games.

"In Y1 I can travel with, send & receive different size balls and objects."

We will use our developed skills when creating and performing an individual sequence.

"In Y1 I can show consistency and control when running, jumping and throwing"

Gymnastics

Key Words
-Left
-Right
-Jump
-Hop
-Skip
-Stretch
-High
-Low
-Forwards
-Backwards

We will develop flexibility, strength, technique, control and balance.

"In Y2 I can perform my developed skills at different levels and speeds"

"In Y2 I can overcome more tricky challenges and think of solutions in my team"

We will play in basic modified games with specific focus to sport based skills.

Spring Term

"In Y1 I can show a variety of gymnastics skills with improving body control"

"In Y1 I can safely find and negotiate space in both indoors and outdoor areas"

We will begin to apply all these in a range of activities.

"In Y1 I can send & receive objects in simple games"

Key Words
-Throw
-Roll
-Kick
-Catch
-Pass
-Control

"In Y2 I can use my sending & receiving skills in games against other players"

Ball Games

We will develop throwing, kicking and catching skills.

Key Words
- Space
- Safety
- Travel
- Dodge
- Direction
- Control
- Balance

As well as developing balance agility and coordination

"In Y2 I can travel confidentially and creatively showing control & agility"

Autumn Term

Fundamentals of Movement

We will master basic movements including running, jumping, throwing and catching