

## PE On Track Indicators – Year 2



Athletics	Dance	Gymnastics
<ul style="list-style-type: none"> <li>• I can show the difference between fast/slow; jumping and landing; 1 foot to 2 feet; throw over a raised obstacle; different styles of running.</li> <li>• I can bend my knees to initiate a turn.</li> <li>• I can swing my arm in a throw.</li> <li>• I can say how we help ourselves jump higher, throw further and run faster.</li> <li>• I can discuss how I can improve my performance.</li> <li>• I can describe how warm and tired I feel after running quickly compared with sometimes moving slowly.</li> <li>• I can say why I must not rush about too close to one another or a wall, or around equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create a short sequence of movements which can be repeated or taught to a partner, e.g. stretch, roll, turn, make shapes or actions with their body to show feeling.</li> <li>• I can put together a sequence which moves from the floor to a tall stretch making movements strong and sudden.</li> <li>• I can describe the shapes used in my own dance and compare them with the shapes in other dances.</li> <li>• I understand that moving silently is important to raising the quality of my performance.</li> <li>• I can describe how my muscles feel after holding a shape.</li> <li>• I am aware of others working in the space around me.</li> </ul>	<ul style="list-style-type: none"> <li>• I can explore skills, e.g. balance, take-off and landing and rolling. I can repeat and move smoothly from one to another.</li> <li>• I can link together 4 actions with a start and finish position.</li> <li>• I can move in different ways, e.g. on feet, hands and feet etc.</li> <li>• I can describe my own shapes and those observed by others.</li> <li>• I can identify the best shapes and give suggestions, e.g. leg straighter, toes pointed.</li> <li>• I can talk about how to without bumping into others.</li> <li>• I can describe how my heart pumps faster when I am running about.</li> </ul>
Invasion Games	Net & Wall Games	Striking and Fielding
<ul style="list-style-type: none"> <li>• I can send a ball accurately using a variety of styles to a partner or target and receive with control.</li> <li>• I can pass a ball to a point and then kick/strike/throw to a target.</li> <li>• I can show how I keep the ball away from my opponents and send it to the best places to score a point.</li> <li>• I can discuss the importance of stopping the ball prior to kicking/striking in order to score.</li> <li>• I can discuss how I can improve my performance by working together.</li> <li>• I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly.</li> <li>• I can say why I must not rush about too close to one another or a wall.</li> </ul>	<ul style="list-style-type: none"> <li>• I can send a ball accurately using a variety of styles to a partner or target and receive with control.</li> <li>• I can watch a ball carefully as it comes over the net and move my feet appropriately.</li> <li>• I can show how I keep the ball away from my opponents in a net game and send it to the best places to score a point.</li> <li>• I can discuss the game.</li> <li>• I can discuss how to improve my performance by working together.</li> <li>• I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly.</li> <li>• I can say why I must not rush about too close to one another or a wall.</li> </ul>	<ul style="list-style-type: none"> <li>• I can hit a ball to a target away from fielders.</li> <li>• I can work as a team to return the ball to the feeder.</li> <li>• I can show how I keep the ball away from my opponents and send it to the best place to score a point.</li> <li>• I can discuss the game.</li> <li>• I can discuss how to improve my performance by working together.</li> <li>• I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly.</li> <li>• I can say why I must not rush about too close to one another or a wall.</li> </ul>