



PE Progression Development in Year 2			
Dance	Gymnastics	Games	Athletics
<p><u>Aim of Educational Dance</u> Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. Children will learn how to use different parts of the body to imitate and lead movements. They will also create short dances individually and also create and perform with a partner.</p> <p><u>Performance of skills – Progression</u> Perform fundamental movement skills at a developing level and start to master some basic movements. Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities.</p> <p><u>Developing Physical Skills – Lancashire scheme</u> Body Actions Copy and explore basic body actions from a range of stimuli. Travel, Turn, Jump, Gesture, Stillness. Copy simple movement patterns. Show and tell using body actions to explore emotions. Vary speed, strength, energy and tension of their movements.</p> <p><u>Application of skills – Lancashire scheme (Core Task)</u> Choose movements to make their own simple dance phrase with beginning, middle and ending. Practice and repeat these short dance phrases so they can be performed in a controlled way. Choose and link actions that express a mood, idea or feeling. Remember and repeat movements showing greater control, coordination and spatial awareness.</p>	<p><u>Aim of Educational Gymnastics</u> In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence with the aim of showing as much control and precision as possible. Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor e.g. a roll, jump and a shape. They then transfer what they learn on the floor to apparatus.</p> <p><u>Performance of skills – Progression</u> Perform fundamental movement skills at a developing level and start to master some basic travelling skills. Perform body actions with control and coordination.</p> <p><u>Developing Physical Skills – Lancashire scheme</u> Shape – Wide, thin, dish, arch, tuck. Travelling on feet – jog, skip, gallop, hop, and walk forwards, backwards. Travelling on hand and feet – frog, bunny, caterpillar, crab, bear, crocodile, monkey etc. Balancing – Front support, balance on 4 and 3 points, large body parts, tummy, back, bottom, shoulder. Jumping and Landing. Rolling – Rocking on back, pencil, egg rolls, dish roll, teddy/circle roll, forward roll. Apparatus</p> <p><u>Application of skills – Lancashire scheme (Core Task)</u> Involves children knowing how to create a gymnastic sequence on floor, mats and apparatus of four actions by linking a roll, a balance, a jump and travel. The balance focus is large body parts – side, back, tummy, hips and shoulders.</p>	<p><u>Aim of Educational Games</u> In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. Children will improve and apply their basic FMS in games. They will continue to practice and refine their FMS and techniques, using them too outwit others. They will also develop an early understanding of simple concepts of attack.</p> <p><u>Performance of skills – Progression</u> Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills, Sending skills, Receiving skills.</p> <p><u>Developing Physical Skills – Lancashire scheme</u> Side gallop, Underarm throw, Running, Rolling a ball, Bouncing a ball, Catching a ball, Jumping, Hopping, Skipping, Overarm throw, Dodging, Strike a ball from a tee or drop feed.</p> <p><u>Application of skills – Lancashire scheme (Core Task)</u> They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.</p> <p><u>Knowledge</u> To use a simple tactic i.e. move into space to receive a ball. To pass a ball to a player in space. To use a simple tactic i.e. To throw the ball into space away from the opponent. To use a simple tactic i.e. To strike the ball away from the cones/fielders. 'Concentration' and 'co-operation' are the character traits that are important.</p>	<p><u>Aim of Educational Athletics</u> In all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. Children explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p> <p><u>Performance of skills – Progression</u> Perform movement skills at a developing level and start to master some basic movements.</p> <p><u>Developing Physical Skills – Lancashire scheme</u> Running, Underarm throw, Overarm throw, Push throw, Jumping for distance.</p> <p><u>Application of skills – Lancashire scheme (Core Task)</u> Involves children throwing different pieces of equipment as accurately as possible in order to hit targets. The children work in groups of three and take it in turns to be the thrower, scorer and collector. 'Honesty' is the character trait that is important.</p>

'Resilience' and **'Curiosity'** are the character traits that are important.

'Courage' is the character trait that is important.