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| **Stakesby PE – Y2 – Spring Term**  **Catching & Throwing, Agility & Coordination, Shooting/Striking for Targets, Balance, Body Management & Spatial Awareness** |

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| **National Curriculum PoS – PE KS1** |
| Pupils should be taught to:   * Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * Participate in team games, developing simple tactics for attacking and defending * Perform dances using simple movement patterns. |

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| **Key things to do** | |
| **Catching & Throwing** | **Agility & Coordination** |
| * Can children use the underarm, shoulder and over arm throw to accurately hit a target? Can they select which is the most appropriate for the distance needed? * Can children catch and throw a range of balls while standing still? (from large to small, soft and hard) Can they catch and throw balls while moving? * Can children catch and throw a range of balls, increasing the distance between them? Can they select the throw most appropriate for the task? * Can children catch and throw a range of balls, increasing the pace of the action? Can they do this in a competitive setting, such as cricket? | * Can children hop on their left foot? Their right foot? Jump with two feet together? Can they alternate according to instruction/ signs? * Can children jump either side of a line, increasing in speed? Can they jump using their body in a twisting motion and their arms for balance? * Can children jump into hoops in a series? Can they do this at increasing speed? * Can children jump over small hurdles? Can they do it over a succession of hurdles? Can they decide which foot would be best to lead with, according to the distance between hurdles? * Can children use an agility ladder with one foot in each square? Two feet? Two feet at the same time? With increasing speed? * Can children run and jump in succession, using hurdles? * Can children identify where they need to bend/duck in order to access a space? E.g. through a crawl net? Through a tunnel? Can they transition from running, the crawling, to running without stopping? * Can children alternate between passing a ball ‘under and over’? At increasing speed? * Can children run through a series of cones/poles, changing direction with their bodies? Can they do this whilst balancing a rubber hoop on their head? Or with a beanbag on their head? Can they increase speed? Can they do this while carrying a baton or ball? |
| **Shooting/Striking for Targets** | **Balance, Body Management &Spatial Awareness** |
| * Can children throw balls into a net? Can they do this from increasing distances? Can they score points? * Can children use the inside of their foot to dribble a ball around a cone? Into a net? Both in succession? Against a target? Against targets which increase in difficulty/decrease in size? * Can children use the inside of their foot to pass a ball to each other? Can they navigate an object before doing it? * Can children control a hockey ball using a plastic hockey stick? Can they push a ball towards a general area? Can they control the ball by using light taps? Can they do this in a series to quicken the pace? * Can they strike the ball into a goal/net? * Can pupils strike a stationary tennis ball with a kwik cricket bat? Can they strike a slow-moving soft ball thrown underarm? | * Can children balance on the spot with two feet together? On their right leg? On their left leg? Can they do it with a rubber hoop balancing on their head? Can they balance a bean bag? * Can children balance using different areas of their bodies? One hand one foot? One hand two feet? Two hands one foot? Etc. Can they play a game such as Twister? * Can children balance along a bench? A skipping rope laid on the floor? Can they keep between two lines of decreasing distance in width? * Can they move quickly without bumping into anything? Can they do this while changing direction or adding in balances? * Can they jump from a bench onto the floor using a star jump? Pencil jump? Landing without travelling? * Can pupils balance on their own? With a partner? * Can children hop/ jump from spot to spot without falling off? Can they do this in spots of decreasing size? * Can children hold a position on a mat? Can children follow/ form a small sequence of balances? * Can pupils complete a forward roll? Can they use it to move from one balance to another? Can they make the shape needed to begin a backwards roll? |

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| **Key Vocabulary** |
| **From Year 1**  Dribble, strike, agile/agility, sequence, direction, position, hurdle, javelin, underarm, overarm  **New Vocabulary**  Tuck dish, backward roll, succession, shoulder throw, travel/travelling |