Watton Westfield PE Long Term Plan for Year 2

Using the scheme Get Set 4 PE

AUTUMN 1	SPRING 1	SUMMER 1
Balls Skills • To develop rolling a ball to hit a target. • To develop stopping a rolling ball. • To develop dribbling a ball with your feet. • To develop kicking a ball. • To develop throwing and catching. • To develop dribbling a ball with your hands. **Sending & Receiving** • To roll a ball towards a target. • To track and receive a rolling ball. • To send and receive a ball with your feet. • To develop catching skills. • To develop throwing and catching skills. • To send and receive a ball using a racket.	**Gymnastics** • To perform gymnastic shapes and link them together. • To perform gymnastics shapes with control and link them together. • To use shapes to create balances. • To use shapes to create balances. • To link travelling actions and balances using apparatus. • To develop travelling actions and balances using apparatus. • To demonstrate different shapes, take off and landing when performing jumps. • To develop different shapes, take offs and landings when performing jumps. • To develop rolling and sequence building. • To refine rolling and sequence building. • To create a sequence using apparatus. • To create a sequence using apparatus.	**Fundamentals** • To explore how the body moves when running at different speeds. • To develop changing direction and dodging. • To develop balance, stability and landing safely. • To explore and develop jumping, hopping and skipping actions. • To develop co-ordination and combining jumps. • To develop combination jumping and skipping in an individual rope. **Athletics** *Include Sports Day practise* • To develop the sprinting action. • To develop jumping for distance. • To develop jumping for height. • To develop throwing for distance. • To develop throwing for accuracy. • To select and apply knowledge and technique in an athletics carousel.

*If there are any additional lessons available, pick from Year 1 Fitness, Year 1 Team Building or Year 1 Yoga.

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AUTUMN 2	SPRING 2	SUMMER 2
Dance (in class if needed due to rehearsals) • To remember, repeat and link actions to tell the story of my dance. • To develop an understanding of dynamics and how they can show an idea. • Use counts of 8 to help you stay in time with the music. • To copy, remember and repeat actions using facial expressions to show different characters. • To explore pathways and levels. • To remember and rehearse our circus dance showing expression and character. • To copy, repeat and create actions in response to a stimulus. • To copy, create and perform actions considering dynamics. • To create a short dance phrase with a partner showing clear changes of speed. • To copy, repeat and create movement patterns in response to the theme. • To create and perform using unison, mirroring and matching with a partner. • To remember and repeat actions and dance as a group.	**Target Games** • To consider how much power to apply when aiming at a target. • To understand how to score using overarm and underarm throwing. • To develop striking to a target. • To develop hitting a moving target. • To select and apply the appropriate skill to the target game. • To show an improvement in my personal best. **Net / Wall Games** • To use the ready position to defend space on court. • To develop returning a ball with hands. • To play against a partner. • To develop racket skills and use them to return a ball. • To develop returning a ball using a racket. • To play against an opponent using a racket.	**Invasion Games** • To understand what being in possession means and support a teammate to do this. • To understand that scoring goals is an attacking skill and to explore ways to do this. • To understand that stopping goals is a defending skill and explore ways to do this. • To explore how to gain possession. • To mark an opponent and understand that this is a defending skill. • To apply simple tactics for attacking and defending. **Striking & Fielding Games** • To track a rolling ball and collect it. • To develop underarm throwing and catching to field a ball. • To develop overarm throwing to limit a batter's score. • To develop hitting for distance to score more points. • To be able to get a batter out. • To understand the rules of the game and use these to play fairly.

*If there are any additional lessons available, pick from Year 2 Fitness, Year 2 Team Building or Year 2 Yoga.