

Tickhill Estfeld School
Year 2 - PE Teaching Sequence 2022-23

Year 2				
Autumn Term 1			Autumn Term 2	
Lesson	Football/ball skills	Dance 1	Fundamentals/multi skills	Dance 2
1	<p>LO: To be able to roll a ball to hit a target</p> <p>SC: Bend down low and place your opposite foot to rolling arm forward</p> <p>Let go of the ball when your hand is pointing at the target</p>	<p>LO: Theme: Weather - To use counts of 8 to move in time and make my dance look interesting</p> <p>SC: Count evenly to the beat</p> <p>Use clear actions</p> <p>Use levels to make your dance look interesting</p>	<p>LO: To explore how the body moves when running at different speeds</p> <p>SC: Run on the balls of your feet</p> <p>Use your arms to help to move you forwards</p>	<p>LO: Theme: Secret Garden - To remember, repeat and link actions to tell the story of my dance</p> <p>SC: Use counts of 8 to help you stay in shape</p> <p>Use different levels and shapes</p>
2	<p>LO: To develop co-ordination and be able to stop a rolling ball</p> <p>SC: Keep your eyes on the ball</p> <p>Move your feet to receive the ball</p>	<p>LO: Theme: Weather - To explore pathways in my dance</p> <p>SC: Draw the pathways as you travel</p> <p>Use a change of direction and speed to make your dance look interesting</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>LO: To develop changing direction and dodging</p> <p>SC: Push off strongly in a new direction</p> <p>Turn your body to face a new direction</p>	<p>LO: Theme: Secret Garden - To develop an understanding of dynamics and how they can show an idea</p> <p>SC: Think about how you perform each action</p> <p>Use counts of 8 to help you stay in time</p>
3	<p>LO: To develop technique and control when dribbling a ball with your feet</p>	<p>LO: Theme: Weather - To create my own dance using, actions, pathways and counts</p>	<p>LO: To develop balance, stability and landing safely</p>	<p>LO: Theme: Secret Garden - Use counts of 8 to help you stay in time with the music</p>

	<p>SC: Keep the ball close to your feet using soft touches.</p> <p>Use different parts of your foot to control the ball</p> <p>Use soft touches with your feet to keep good control</p>	<p>SC: Discuss and share ideas with a partner to create your actions</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>SC: Hold your arms out and focus on something still to help you balance</p> <p>Look ahead and land with bent knees</p>	<p>SC: Mirroring is when you reflect the movement of your partner as if they were a mirror image</p> <p>Matching is when you perform the same movement at the same time</p>
4	<p>LO: To develop control and technique when kicking a ball</p> <p>SC: Direct the inside of your foot at your target</p> <p>Use soft touches with your feet to keep good control</p> <p>Use the inside of your foot to kick the ball</p>	<p>LO: Theme: Pirates - To explore speeds and actions in our pirate inspired dance</p> <p>SC: Use clear actions</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>LO: To explore and develop jumping, hopping and skipping actions</p> <p>SC: Bend your knees when jumping and landing</p> <p>Look ahead and land with bent knees</p>	<p>LO: Theme: The Circus - To copy, remember and repeat actions using facial expression to show different characters</p> <p>SC: Change your expression to show the different characters</p> <p>Use clear, exaggerated actions</p>
5	<p>LO: To develop co-ordination and technique when throwing and catching</p> <p>SC: Let go of the ball when your hand is pointing at the target</p> <p>Place your hands together to catch the ball with two hands</p> <p>Put the opposite foot forward to your throwing arm</p>	<p>LO: Theme: Pirates - To copy, remember and repeat actions that represent the theme</p> <p>SC: Use clear actions</p> <p>Use expression to help to tell the story</p>	<p>LO: To develop co-ordination and combining jumps</p> <p>SC: Keep your body upright</p> <p>Remember the rhythm - jump, bend, jump, bend</p>	<p>LO: Theme: The Circus - To explore pathways and levels</p> <p>SC: Use counts of 8 to help you stay in time with the music</p>

	Watch the ball as it comes towards you			
6	<p>LO: To develop control and co-ordination when dribbling a ball with your hands</p> <p>SC: Push the ball back down on the magic moment</p> <p>Spread your fingers wide and push the ball with your fingertips</p>	<p>LO: Theme: Pirates - To copy, repeat, create and perform actions that represent the theme</p> <p>SC: Draw the shape of the pathway as you travel</p> <p>Use levels to make your dance look interesting</p>	<p>LO: To develop combination jumping and skipping in an individual rope</p> <p>SC: Stand up tall</p> <p>Turn the rope first and then jump</p>	<p>LO: Theme: The Circus - To remember and rehearse our circus dance showing expression and character</p> <p>SC: Change your expression to show the different characters</p> <p>Use counts of 8 to help you stay in time with the music</p>
	Spring Term 1		Spring Term 2	
	Gymnastics 1	Multi skills/Target games	Gymnastics 2	Invasion
1	<p>LO: To explore travelling movements</p> <p>SC: Use different body parts to travel on</p> <p>Use high and low levels to travel</p>	<p>LO: To consider how much power to apply when aiming at a target</p> <p>SC: Point your arm in the direction of the target as the object is released</p>	<p>LO: To perform gymnastic shapes and link them together</p> <p>SC: Be as still as a statue</p> <p>Hold each shape for 5 seconds</p>	<p>LO: To understand what being in possession means and support a teammate to do this</p> <p>SC: Keep the ball close to your body to keep possession</p> <p>Look up and around you to see your teammate, space and any defenders</p>
2	<p>LO: To develop quality when performing and linking shapes</p> <p>SC: Squeeze your muscles to make them feel hard and tense when in a shape</p>	<p>LO: To understand how to score using overarm and underarm throwing</p> <p>SC: Point your arm in the direction of the target as the object is released</p>	<p>LO: To be able to use shapes to create balances</p> <p>SC: Be as still as a statue</p> <p>Hold the balances for 5 seconds</p>	<p>LO: To understand that scoring goals is an attacking skill and to explore ways to do this</p> <p>SC: Control of the ball during shooting action</p>

		Use less force if the target is close and more force when the target is further away	Squeeze your muscles so they feel hard	Travel at speed when performing a shot
3	<p>LO: To develop stability and control when performing balances</p> <p>SC: Be as still as a statue in your balance</p> <p>Hold your balances for 5 seconds</p> <p>Squeeze your muscles so that they feel hard</p>	<p>LO: To develop striking to a target</p> <p>SC: Use less force if the target is close and more force when the target is further away</p>	<p>LO: To be able to link travelling actions and balances using apparatus</p> <p>SC: Change the levels you use within your sequence</p> <p>Use different body parts to travel on</p>	<p>LO: To understand that stopping goals is a defending skill and explore ways to do this</p> <p>SC: Be ready and react quickly when someone is about to shoot</p> <p>Do not be afraid of the ball</p> <p>Keep your eyes on the ball</p>
4	<p>LO: To develop technique and control when performing shape jumps</p> <p>SC: Bend your knees when landing</p> <p>Keep looking straight ahead when landing</p>	<p>LO: To develop hitting a moving target</p> <p>SC: Aim slightly ahead of where the target is moving</p> <p>Consider the speed or height of the moving target</p>	<p>LO: To demonstrate different shapes, take off and landings when performing jumps</p> <p>SC: Bend your knees when jumping and landing</p> <p>Keep your head and chest up</p> <p>Use shape jumps to make your sequence interesting</p>	<p>LO: To explore how to gain possession</p> <p>SC: Do not be afraid of intercepting a pass</p> <p>Stand so you can see the attacker and the ball</p>
5	<p>LO: To develop technique in the barrel, straight and forward roll</p> <p>SC: Keep in the same shape throughout the roll</p>	<p>LO: To select and apply the appropriate skill to the target game</p>	<p>LO: To develop rolling and sequence building</p> <p>SC: Keep your shape throughout the roll.</p>	<p>LO: To mark an opponent and understand that this is a defending skill</p>

		<p>SC: Point your arm in the direction of the target as the object is released</p> <p>Use less force if the target is close and more force when the target is further away</p>	<p>Transition smoothly from one action to the next</p>	<p>SC: Stand sideways so you can see your attacker and the ball</p> <p>Stay close to your attacker and always be ready to intercept the ball</p>
6	<p>LO: To link gymnastic actions to create a sequence</p> <p>SC: Use a starting and finishing position</p> <p>Use rolls, jumps, balances and travelling movements in your sequence</p>	<p>LO: To show an improvement in my personal best</p> <p>SC: Point your arm in the direction of the target as the object is released</p> <p>Use less force if the target is close and more force when the target is further away</p>	<p>LO: To develop sequence work on apparatus</p> <p>SC: Use starting and finishing position</p> <p>Use rolls, jumps, balances, travelling movements and shapes to create a sequence</p>	<p>LO: To learn to apply simple tactics for attacking and defending</p> <p>SC: Apply skills learned in the game situations</p> <p>Communicate with your teammates</p>
	Summer Term 1		Summer Term 2	
	Fitness/athletics	Sending and receiving	Striking and Fielding	Athletics/Sports Day
1	<p>LO: To understand how to run for longer periods of time</p> <p>SC: Don't run too quickly when you start</p>	<p>LO: To roll a ball towards a target</p> <p>SC: Bend down low, opposite foot to the arm you release with steps forward</p> <p>Let go of the ball when your hand is pointing at the target</p>	<p>LO: To track a rolling ball and collect it</p> <p>SC: Move your feet to get in line with the ball</p>	<p>LO: To develop the sprinting action</p> <p>SC: Balance when running by alternating arms and legs</p> <p>Run on the balls of your feet</p> <p>Take big strides when running fast</p>
2	<p>LO: To develop co-ordination and timing when jumping in a long rope</p>	<p>LO: To track and receive a rolling ball</p> <p>SC: Make eye contact before sending the ball</p>	<p>LO: To develop accuracy in underarm throwing and catching to field a ball</p>	<p>LO: To develop jumping for distance</p> <p>SC: Bend your knees to help push off</p>

	<p>SC: Watch the rope coming as it comes over your head and jump just before it gets to you</p>	<p>Watch the ball and get your body behind it by moving your feet as it comes towards you</p>	<p>SC: Bring the ball in to your body</p> <p>Finish with your hand pointing towards your target</p> <p>Look at the ball</p> <p>Meet the ball with hands out ready to catch</p> <p>Step forward with your opposite foot to throwing hand</p>	<p>Look forward at take-off and landing</p> <p>Soft bent knees on landing</p> <p>Swing your arms up at take off</p>
3	<p>LO: To develop individual skipping</p> <p>SC: Jump, bend, jump, bend rhythm</p> <p>Turn first, then jump</p>	<p>LO: To send and receive a ball with your feet</p> <p>SC: Place your feet behind the ball to cushion it</p> <p>Use the inside of your foot to pass the ball</p>	<p>LO: To develop accuracy with overarm throwing to limit a batter's score</p> <p>SC: Finish with your hand pointing towards your target</p> <p>Keep your elbow high in line with your shoulder</p>	<p>LO: To develop technique when jumping for height</p> <p>SC: Drive your arms upwards to help you jump higher</p> <p>Jump from a balanced starting position</p> <p>Look forward at take-off and landing</p> <p>Use different techniques to tackles different obstacles</p>
4	<p>LO: To develop stamina and agility</p> <p>SC: Bend down low and push off quickly when changing direction</p>	<p>LO: To develop catching skills</p> <p>SC: Finish with your hand where you want the ball to go</p> <p>Move your feet to the ball</p>	<p>LO: To develop hitting for distance to score more points</p> <p>SC: Look where the fielders are standing before deciding where to hit</p>	<p>LO: To develop throwing for distance</p> <p>SC: Place your opposite leg to throwing arm forward</p>

		<p>Use two hands and wide fingers to catch the ball</p> <p>Watch the ball as it comes towards you</p>		<p>Stand sideways on to the direction of the throw</p> <p>Throw from a balanced starting position.</p>
5	<p>LO: To explore exercised that use your own body weight</p> <p>SC: Complete the exercised carefully and slowly - don't rush</p>	<p>LO: To develop throwing and catching skills</p> <p>SC: Push the ball with two hands</p> <p>Release the ball when your hands are pointing at your target</p> <p>Use two hands and wide fingers to catch the ball</p>	<p>LO: To develop decision making to get a batter out</p> <p>SC: Look at where the batter is before making a decision about where to send the ball</p> <p>Make sure the person you are throwing to is looking at you</p>	<p>LO: To develop throwing for accuracy</p> <p>SC: Keep your eyes looking at your target</p> <p>Point your hand at your target after you throw</p> <p>Throw from a balanced starting position.</p>
6	<p>LO: To develop 'ABC,' agility, balance and co-ordination</p> <p>SC: Keep your head up</p> <p>Use your arms to help you to move quickly</p>	<p>LO: To send and receive a ball using a racket</p> <p>SC: Move from the ready position to track the ball</p> <p>Point your hand in the direction you want the ball to go in</p>	<p>LO: To develop decision making when under pressure</p> <p>SC: Look at where the ball is before deciding to run on to the next base</p> <p>Look at the batter before making a decision about where to send the ball</p>	<p>LO: To develop technique when taking part in an athletics carousel</p> <p>SC: Keep soft knees when linking running and jumping movements</p> <p>Look forward at take-off and landing</p> <p>Throw from a balanced starting position</p>

				Try your best at each station and encourage each other to work for the whole time
--	--	--	--	---