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| **PE Progression Overview – Year 2** | | | | | | | |
|  | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Topic | | Football | Team Games & Bat and Ball | Gymnastics | Dance | Rounders | Athletics |
| Subject | | PE | PE | PE | PE | PE | PE |
| **Week 1** | Can I | **Introduction to Lesson**  1. Show good awareness of others when playing games  2. Recognise what is successful | **TEAM GAMES**  **Throwing**  1. Can I throw a ball in different ways?  2. Can I catch a ball? | **Introduction to Lesson**  1. Perform a range of actions with control and coordination  2. Combine ways of travelling, balancing and stillness using both the floor and apparatus | **Introduction to Lesson**  1. Perform dances using simple movement patterns 2. Explore, remember, repeat and link a range of actions with coordination and control | **Introduction to Lesson**  1. Show good awareness of others when playing games 2. React to situations in ways that make it difficult for opponents  **Coordination and Movement**  **Week 2**  1. Develop fundamental movement skills, becoming increasingly confident and competent 2. Develop agility, balance and coordination | **Introduction to Lesson**  1. Begin to apply basic movements in a range of activities  2. Explore different running, jumping and throwing technique. |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 2** | Can I | **Coordination and Movement**  1. Develop fundamental movement skills, becoming increasingly confident and competent 2. Develop agility, balance and coordination 3. Understand and describe changes to their heart rate when playing a game | **Attacking and Defending**  1. Can I work as part as a team?  2. Can I attack and defend in a game? | **Key Shapes**  1. Develop fundamental movement skills, becoming increasingly confident and competent 2. Develop coordination | **Moving to the Beat**  1. Develop agility, balance and coordination 2. Perform dances using simple movement patterns  3. Watch and describe a performance accurately | **Fielding Ball Skills**  1. Perform a range of catching and gathering skills with control  2. Perform a range of actions with control of the ball  3. Begin to understand the importance of preparing safely and carefully for exercise - warming up  **Rolling Get in Line**  **Week 4**  1. Perform a range of actions with control and coordination  2. Perform a range of actions with control of the ball  3. Understand and describe changes to their heart rate when playing a game | **Coordination and Movement**  1. Develop coordination and balance in a range of activities  2. Explore and practice a variety of movements |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 3** | Can I | **Ball Control**  1. Perform a variety of skills keeping the ball under control  2. Understand and describe changes to their heart rate when playing a game | **Receiving the Ball**  1. Can I find a space to receive the ball? | **Traveling**  1. Develop fundamental movement skills, becoming increasingly confident and competent 2. Develop coordination | **Developing the Dance**  1. Perform a range of actions with control and coordination  2. Work individually and with others | **Fielding - Catching**  1. Master basic catching technique  2. Use actions and ideas, they have seen to improve their own skills  **Fielding Throwing**    **Week 6**  1. Master basic throwing technique  2. Throw/hit a ball in different ways e.g. High, low, fast, slow | **Running**  1. Show understanding of correct running technique  2. Show control, coordination and consistency when running |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 4** | Can I | **Dribbling**  1. Dribble a ball with control, changing speed and direction  2. Show control when moving  3. Use actions and ideas they have seen to improve their own skills | **BAT AND BALL**  **Throwing with Accuracy**  **1**. Can I throw a ball to a partner correctly and with accurately?  **2**. Can I move around with the ball using your hands keeping it under control?  **Session 2**  **1**. Can I use a tennis racket to move a tennis ball around the playground?  **2**. Can I perform a variety of skills using a tennis racket? | **Traveling Different Levels**  **Week 4**  1. Develop agility, balance and coordination 2. Develop balance | **Create your Phrase**  **Week 4**  1. Compose and perform short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas 2. Begin to understand the importance of preparing safely and carefully for exercise - warming up | **Bowling Underarm**  1. Use different techniques to throw the ball e.g. underarm and overarm 2. Watch and describe a performance accurately  **Batting – Hitting the Ball**  **Week 8**  1. Hit a ball with increasing control and accuracy 2. Recognise what is successful | **Jumping**  1. Develop jumping technique  2. Show control, coordination and consistency when jumping  3. Begin to evaluate own performance |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 5** | Can I | **Passing**  1. Pass a ball with control 2. Send/Pass a ball with increasing accuracy and consistency 3. Keep a ball from opponents | **Playing Action**  **1**. Can I understand the action we use when playing a tennis shot?  **2**. Can I be able to push the ball with a tennis racket along the floor? | **Balancing**  1. Develop agility, balance and coordination 2. Develop balance | **Finishing Routine**  1. Perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings  2. Describe dance phrases and expressive qualities | **Scoring Points**  1. Throw/hit a ball in different ways e.g. High, low, fast, slow  2. Understand that hitting the ball into space helps them score points  **Simple Games**  **Week 10**  1. Participate in team games  2. Apply skills and tactics in small sided games | **Throwing**  1. Develop correct Underarm Throw technique  2. Develop correct Pull Throw technique  3. Evaluate and improve performance |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 6** | Can I | **Final Lesson**  1. Can assess my understanding of the game? | **Using the Correct Action**  1. Can I hit the tennis ball with a racket correctly? 2. Can I be able to hit a tennis ball to a partner? | **Balancing Point Balance**  1. Develop agility, balance and coordination 2. Move smoothly and in a controlled way from one position of stillness to another | **Rehearsal**  1. Explore, remember, repeat and link a range of actions with an awareness of the expressive qualities of dance  2. Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness  3. Recognise what is successful | **Mini Games**  1. Show good awareness of others when playing games  2. Understand and follow the rules of games  **Final Lesson**  **Week 12**  1. Choose and use simple tactics to suit different situations  2. Choose the correct skills to meet a challenge 3. Recognise what is successful | **Long Distance Running**  1. Understand the difference between sprinting and running over longer distances  2. Develop the distance running technique  3. Work well as part of a team |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |
| **Week 7** | Can I |  |  |  | **Performance**  1. Explore, remember, repeat and link a range of actions with an awareness of the expressive qualities of dance  2. Show control when moving |  | **Athletic Circuits**  1. Apply skills and techniques from the Athletics topic to a variety of activities  2. Show good teamwork and sportsmanship |
| Skills & Knowledge | **See Lesson Plans (Saved in T: Subject Coordinators – PE – PE Lesson Plans)** | | | | | |