

Year 2 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Personal Skills/ Physical Skills/ Swimming	Social Skills/ Physical Skills/Swimming	Cognitive Skills/ Physical Skills/ Gymnastics/Dance	Creative Skills/ Physical Skills/ Yoga	Physical Skills/ Invasion Games	Health & Fitness Skills/ Physical Skills/ Athletics/Rounders
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> 1. I can perform a range of skills with some control and consistency 1. I try several times if at first I don't succeed and I ask for help when appropriate. 1. I can push and glide from the wall on the back and front 2. I can swim 5 metres on the front without touching the bottom of the pool 	<ul style="list-style-type: none"> 1. I can perform a range of skills with some control and consistency. 1. I can help, praise and encourage others in their learning 1. I can push and glide from the wall on the back and front 2. I can swim 5 metres on the front without touching the bottom of the pool 	<ul style="list-style-type: none"> 2. I can perform a sequence of movements with some changes in level, direction or speed. 1. I can begin to order instructions, movements and skills. 2. With help, I can recognise similarities and differences in performance and I can explain why someone is working or performing well. 	<ul style="list-style-type: none"> 2. I can perform a sequence of movements with some changes in level, direction or speed 1. I can begin to compare my movements and skills with those of others. 2. I can select and link movements together to fit a theme 	<ul style="list-style-type: none"> 2. I can perform a sequence of movements with some changes in level, direction or speed 	<ul style="list-style-type: none"> 2. I can perform a sequence of movements with some changes in level, direction or speed I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.
Skills	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> Stand still for 30 seconds Complete five mini squats <p>Floorwork(FS10):</p> <ul style="list-style-type: none"> Combine sidesteps with 180° front pivot of either foot. Combined sidesteps with 180° reverse pivot of either foot. Skip with me and opposite elbow at 90° angle. Hopscotch forwards and backwards, hopping on the same leg (right and left). 	<p>Seated(FS2):</p> <ul style="list-style-type: none"> Pick up a cone from one side, swap hands and place it on the other side. Return the cone to the opposite side. <p>Jumping and Landing(FS6):</p> <ul style="list-style-type: none"> Jump from 2 feet to 2 feet with quarter turn in both directions. Stand on the line and jump from 2 feet to 1 foot unfreeze on 1 landing (on either foot). 	<p>Stance (FS4):</p> <p>Stand on low beam with good stands for 10 seconds.</p> <p>On a line(FS5)</p> <ul style="list-style-type: none"> Jump from 2 feet to 2 feet with quarter turn in both directions. Stand on a line and jump from 2 feet to 1 foot unfreeze on landing (on either foot). 	<p>In Pairs (FS7):</p> <ul style="list-style-type: none"> Hold on and, with a long base, lean back, hold balance and then move back together. Hold on with one hand and, with a long base, lean back, hold balance and then move back together <p>Ball skills (FS9):</p> <ul style="list-style-type: none"> Sit and roll a ball up and down legs and around upper body using one hand. Stand and roll a ball up and down legs and round upper body using one hand. 	<p>Sending and Receiving(FS8):</p> <ul style="list-style-type: none"> Through tennis ball, catch rebound with same hand after one bounce. Through tennis ball, catch rebound with the same hand without a bounce. Through tennis ball, catch rebound with other hand after one bounce. Throw tennis ball, catch rebound with other hand without a bounce. Strike large, soft ball along ground with hand five times in a rally. <p>Reaction and Response (FS12):</p> <p>From 1,2,and 3 metres:</p> <ul style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after one bounce... 	<p>Floorwork(FS3):</p> <ul style="list-style-type: none"> Place cone on back and take it off with other hand in mini front support. Hold mini back support position. Please cone on tummy and take it off the other hand in minibag support <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> Start in a seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in a seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction
Sport specific skills			<p>Gym</p> <ul style="list-style-type: none"> Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. 		<ul style="list-style-type: none"> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. 	<p>Athletics</p> <ul style="list-style-type: none"> Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course.

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		<ul style="list-style-type: none"> • Travel in a variety of ways, including rolling. • Hold a still shape whilst balancing on different points of the body. • Jump in a variety of ways and land with increasing control and balance. • Climb onto and jump off the equipment safely. • Move with increasing control and care. <p>Dance</p> <ul style="list-style-type: none"> • Copy, remember and repeat actions. • Create a short motif inspired by a stimulus. • Change the speed and level of their actions. • Use simple choreographic devices such as unison, canon and mirroring. • Use different transitions within a dance motif. • Move in time to music. • Improve the timing of their actions 		<ul style="list-style-type: none"> • Use hand-eye coordination to control a ball. • Vary types of throw used. • Bounce and kick a ball whilst moving. • Use kicking skills in a game. • Use dribbling skills in a game. • Know how to pass the ball in different ways. • Use different ways of travelling at different speeds and following different pathways, directions or courses. • Change speed and direction whilst running. • Begin to choose and use the best space in a game • Understand the importance of rules in games. • Use at least one technique to attack or defend to play a game successfully. • Understand the importance of rules in games. • Use at least one technique to attack or defend to play a game successfully. 	<ul style="list-style-type: none"> • Vary the speed and direction in which they are travelling. • Run with basic techniques following a curved line. • Be able to maintain and control a run over different distances. • Identify and demonstrate how different techniques can affect their performance. • Focus on their arm and leg action to improve their sprinting technique. • Begin to combine running with jumping over hurdles. • Focus on trail leg and lead leg action when running over hurdles. • Understand the importance of adjusting running pace to suit the distance being run. • Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • Combine different jumps together with some fluency and control. • Jump for distance from a standing position with accuracy and control. • Investigate the best jumps to cover different distances. • Choose the most appropriate jumps to cover different distances. • Know that the leg muscles are used when performing a jumping action. • Use one and two feet to take off and to land with. • Develop an effective take-off for the standing long jump. • Develop an effective flight phase for the standing long jump. • Land safely and with control. • Throw different types of equipment in different ways, for accuracy and distance.
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Vocabulary			<p>Forwards; Backwards; Sideways; Roll; Slow; Body parts; Shape; Jump; Travel; Stretch; Wide; Narrow Travel; Stillness; Direction; Space; Body parts; Levels; Speed</p>		<p>Own space; Team; Speed; Direction; Passing; Controlling; Shooting; Scoring</p>	<p>Striking; Catching;</p>