

Year 2

Year 2	Areas of Study-
Functional movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance
Developing Balance	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk Bench walk
Agility and coordination	Be able to throw and catch a medium sized ball accurately Balance a ball on a cricket bat Dribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target
Movement patterns	Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together
Team games	Be able to participate in a game with an opposing side Play a game with a set of rules Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball.
Knowledge and understanding of fitness and health	Understand how to exercise safely Notice changes in their physical state when exercising