



## Curriculum Plans – Key Stage 1 Physical Education

### Year 2

Block 1	Block2	Block 3	Block 4/ Block 5	Block 6/ Block 7
<p><b>Movement Composition Unit: Locomotive Skills</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Fall and stand correctly</li> <li>-Change direction safely</li> <li>-Stop safely</li> <li>- Control over large movements</li> <li>- Control over fine motor movement</li> <li>-Correctly perform the following locomotive movements:</li> <li>*Hopping</li> <li>*Marching</li> <li>*Skipping</li> <li>*side *Stepping</li> <li>*Sliding</li> <li>*Leaping</li> <li>*Gallop</li> <li>*Running</li> <li>*Heel dig walks</li> <li>*Grapevine</li> <li>*Vertical jumping on a plane</li> <li>*Horizontal jumping on a plane</li> <li>*Sit and tuck</li> <li>*V-sit</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>Demonstrate complex movements</li> <li>Demonstrate travelling in different directions with</li> </ul>	<p><b>Movement Composition Unit: Gymnastics/ Dance</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate travelling with balance and control</li> <li>-Demonstrate jumping and landing safely and under control</li> <li>-Create a routine that includes balance, flexibility, strength and movement in a group</li> <li>-Follow a different dance choreography in rhythm</li> <li>-Learn at least one dance routine</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate travelling in different directions with balance and control</li> <li>aesthetically</li> <li>-Jump and land with control while also keeping all parts of the body inline</li> <li>-Create a combination routine as an</li> </ul>	<p><b>Movement Composition Unit: Fundamental Movement Skills</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Throw the ball understanding correct technique - Catch the ball understand the correct technique</li> <li>- Pass the ball (short, long), understanding the correct throwing and kicking technique</li> <li>-Dribble with the ball using hands and feet</li> <li>-Strike the ball using the correct technique</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Throw the ball using correct technique and biomechanics</li> <li>-Catch the ball using correct technique and biomechanics</li> <li>-Pass the ball (short, long) using the correct throwing and kicking technique and biomechanics</li> <li>-Dribble with the ball using hands and feet</li> <li>-Strike the ball using the correct technique and biomechanics using feet and wrist</li> </ul>	<p><b>International Games Unit: Tag Games, Football, Basketball</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Change direction</li> <li>-Attack/defence</li> <li>-Footwork</li> <li>-Pivot</li> <li>-Stop</li> <li>-Balance</li> <li>-Body control</li> <li>-Emotional regulation skills</li> <li>-Under stand what a rebound is</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Use team strategy</li> <li>- Gauge distance and speed</li> <li>-Understand basic team tactics</li> <li>-Have a basic understanding of movement off the ball</li> </ul>	<p><b>Net and Barrier Games Unit: Nitroball/ Volleyball Variations</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Show an understanding there is a net or barrier between teams</li> <li>- Start to understand the correct way to pass the volleyball</li> <li>-Understand the volleyball must go over the net</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Show good technique when passing the volleyball</li> <li>-Pass the volleyball between teammates</li> <li>-Strike the volleyball over the net</li> </ul>



	balance and control  Jump and land with control while also keeping all parts of the body inline	individual for 60-90 seconds			
Assessment	- Observation - Q&A - End of block physical assessment of skills	- - Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills