



THE SULTAN'S SCHOOL

# YEAR 2 - MEDIUM TERM PLANNING 2018-2019

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR ANDY.

# The Sultan's School Year 2 Medium Term Curriculum plan for P.E.

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
1	<b>Communication Games</b>	<ul style="list-style-type: none"> <li>Pupils will learn to develop good listening skills, good classroom management as well as improved coordination and social skills.</li> <li>To introduce and reinforce expectations of year 2.</li> </ul>	Throughout this unit of work the areas of focus within lessons are:  Stop look listen  Listening and Fairplay  Recalling and following instructions  Working with others	Running, changing speed, direction, bounce, balance, hopping Movement Control WALT WILF
	<b>Multi Skills</b>	<ul style="list-style-type: none"> <li>Pupils will develop understanding and techniques working with a variety of equipment and to explore individual skills during play.</li> <li>In all games activities, pupils will improve and develop movement skills relevant to games, including running, stopping, jumping, chasing and dodging.</li> <li>Pupils will develop their knowledge of space and have opportunities to improve agility and balance skills</li> </ul>	Throughout this unit of work the areas of focus within lessons are:  Agility and Relays  Collecting and throwing  Catching  Movement and Balance  Chasing and evading  Assessment and recap	Relay running stopping jumping chasing dodging throwing balancing fielding
	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Pupils will develop and replicate body management skills. Pupils should explore and improve the quality of their actions, body shapes</li> </ul>	Throughout this unit of work the areas of focus within lessons are:  Counter Balancing  Travelling	Flow Slide Pull Roll Shape Routine Turn

		<p>and balances firstly on the floor and across apparatus.</p> <ul style="list-style-type: none"> <li>• Pupils will incorporate control, levels and different speeds into simple sequences.</li> <li>• Pupils will begin to appreciate good performances and understanding some reasoning for this.</li> <li>• Pupils will progressively learn how to lift and lay out apparatus safely.</li> </ul>	<p>Rotation</p> <p>Balancing on Apparatus</p> <p>Jumping/Vaulting</p> <p>Sequencing &amp; Routine</p>	<p>stretch explosive under over</p> <p>Counter balance</p> <p>Vaulting apparatus</p>
2	<b>Athletics</b>	<ul style="list-style-type: none"> <li>• In this unit pupils will experience simple modified running, jumping and throwing activities.</li> <li>• Pupils will accurately replicate running challenges and competitions that require speed and stamina.</li> <li>• In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance.</li> <li>• Pupils will develop the ability follow rules safely and handle equipment correctly.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Sprint Running</p> <p>Running (Relays)</p> <p>Jumping- Long jump</p> <p>Throwing - Bean bag Accuracy</p> <p>Throwing - bean bag distance</p> <p>Egg and spoon (balance)</p> <p>Hurdles</p>	<p>Running</p> <p>Jumping</p> <p>Pushing</p> <p>Pulling</p> <p>throwing</p> <p>stance</p> <p>accuracy</p> <p>power</p> <p>speed</p> <p>balance</p>
	<b>Hand eye coordination</b>	<ul style="list-style-type: none"> <li>• Activities which develop student ability through combining/performing ‘two or more skills at the same time’, using the hands and eyes.</li> <li>• students should be able to continue to show progress in hand-eye coordination</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Development of Hand Eye skills</p> <p>Bouncing</p> <p>Catching</p>	<p>Control</p> <p>Preparing</p> <p>Bouncing</p> <p>Catching</p> <p>Practising</p> <p>Throwing</p> <p>Rolling</p>

		regarding ball control (catching and feeding) individually, with a partner and in small groups; using a range of ball sizes and hardness's across various exercises.	Throwing rolling	
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3	<b>Cross Country</b>	<ul style="list-style-type: none"> <li>Students will focus on developing and improving their running technique,</li> <li>Develop knowledge of a three part race.</li> <li>Students will improve and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the class.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Running Technique</p> <p>Pacing</p> <p>3 part race</p> <p>How the body feels</p> <p>Stamina</p>	<p>Pacing</p> <p>Start</p> <p>Middle</p> <p>end</p> <p>Technique</p> <p>Stamina</p> <p>Fitness</p>
	<b>Invasion Games Skills</b>	<ul style="list-style-type: none"> <li>Pupils will focus on developing game skills with some fluency and accuracy, using a range of throwing and catching techniques.</li> <li>Pupils will develop a basic understanding of movement, keeping possession of the ball as a team, and getting into space.</li> <li>To keep and run a basic game using a set of rules.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball familiarisation</p> <p>Travelling with and without ball</p> <p>Passing</p> <p>Space</p> <p>Rules &amp; Scoring</p>	<p>Movement</p> <p>Control</p> <p>Space</p> <p>Tactics</p> <p>Positioning</p> <p>Triangles</p> <p>Rules</p> <p>Chest Pass</p> <p>Bounce pass</p> <p>Target</p>

<b>4</b>	<b>Striking &amp; Fielding</b>	<ul style="list-style-type: none"> <li>• Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play.</li> <li>• In all games activities, pupils will learn core skills relevant to striking and fielding games, including sending, receiving, batting and bowling &amp; chasing.</li> <li>• Pupils will begin to make use of space and start to think about outwitting an opponent.</li> <li>• Will begin to watch and describe others' performances, as well as their own.</li> <li>• To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Throwing and catching improvement</p> <p style="text-align: center;">Anticipation skills</p> <p style="text-align: center;">Grip and ready position</p> <p style="text-align: center;">Striking skills using variety of bats</p> <p style="text-align: center;">Conditioned games</p>	<p>Batting fielding bowling sending receiving throwing catching scoring</p>
	<b>Target games</b>	<ul style="list-style-type: none"> <li>• To develop the students hand-eye and foot-eye co-ordination through activities where the students' aim at a target.</li> <li>• Pace, control and accuracy of skill delivery are key development elements in this activity area.</li> <li>• Body position and weight transference/balance will also be developed in this unit.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Targeting</p> <p style="text-align: center;">Aiming/power</p> <p style="text-align: center;">Underarm/overarm</p> <p style="text-align: center;">curling &amp; bowling</p>	<p>Target Aiming Accuracy Power Throwing Sliding Bowling Release grip</p>



<b>5</b>	<b>Swimming</b>	<ul style="list-style-type: none"> <li>Students will be developing and refine swimming skills gained from year 1. In line with the Level Bruce swimming assessment Criteria.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Move across the pool with body completely submerged  Submerge face in water &amp; retrieve objects  Floating front &amp; back without support  Push &amp; Glide on front  Push &amp; Glide on back  Travel on front using floating device (front crawl Kick)  Travel on back using floating device (back stroke kick)  Pencil jump, twist and exit pool without support</p>	<p>Body position  Breathing  Inhale  Exhale  Dive  Bubbles  Kicking  Floating  Floppy feet</p>
	<b>Invasion Games 2 (Game play)</b>	<ul style="list-style-type: none"> <li>Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques.</li> <li>In all games activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.</li> <li>Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve.</li> <li>To keep and run a game using a set of rules.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation</p> <p style="text-align: center;">Passing and moving</p> <p style="text-align: center;">Attacking and Defending</p> <p style="text-align: center;">Space</p> <p style="text-align: center;">Gameplay</p> <p style="text-align: center;">Rules &amp; Scoring</p>	<p>Movement  Control  Space  Tactics  Attacking  Defending  Positioning  Triangles  Rules  Chest Pass  Bounce pass  Target  Team work</p>
	<b>Mixed games/Parachute games</b>	<ul style="list-style-type: none"> <li>During the last few lessons Pupils will recap some games and activities that they have performed throughout the year.</li> <li>They will play some group parachute games</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Team work</p> <p style="text-align: center;">Working together</p>	<p>Team work  Working together  Preparation  Recap  parachute</p>

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