



THE SULTAN'S SCHOOL

YEAR 2 - MEDIUM TERM PLANNING 2019-2020

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR SCOTT.

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	Communication Games	<ul style="list-style-type: none"> Pupils will learn to develop good listening skills, good classroom management as well as improved coordination and social skills. To introduce and reinforce expectations of year 2. 	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
	Multi Skills	<ul style="list-style-type: none"> Pupils will develop understanding and techniques working with a variety of equipment and to explore individual skills during play. In all games activities, pupils will improve and develop movement skills relevant to games, including running, stopping, jumping, chasing and dodging. Pupils will develop their knowledge of space and have opportunities to improve agility and balance skills 	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
	Gymnastics	<ul style="list-style-type: none"> Pupils will develop and replicate body management skills. Pupils should explore and improve the quality of their actions, body shapes 	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"> • Pupils will incorporate control, levels and different speeds into simple sequences. • Pupils will begin to appreciate good performances and understanding some reasoning for this. • Pupils will progressively learn how to lift and lay out apparatus safely. 	<p>Rotation</p> <p>Balancing on Apparatus</p> <p>Jumping/Vaulting</p> <p>Sequencing & Routine</p>	<p>stretch explosive under over Counter balance Vaulting apparatus</p>
2	Athletics	<ul style="list-style-type: none"> • In this unit pupils will experience simple modified running, jumping and throwing activities. • Pupils will accurately replicate running challenges and competitions that require speed and stamina. • In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance. • Pupils will develop the ability follow rules safely and handle equipment correctly. 	<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>
	Hand eye coordination	<ul style="list-style-type: none"> • Activities which develop student ability through combining/performing 'two or more skills at the same time', using the hands and eyes. • Students should be able to continue to show progress in hand-eye coordination 	<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	
3	Cross Country	<ul style="list-style-type: none"> • Students will focus on developing and improving their running technique, • Develop knowledge of a three part race. • 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. 	<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>
	Invasion Games Skills	<ul style="list-style-type: none"> • Pupils will focus on developing game skills with some fluency and accuracy, using a range of throwing and catching techniques. • Pupils will develop a basic understanding of movement, keeping possession of the ball as a team, and getting into space. • To keep and run a basic game using a set of rules. 	<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 & 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>

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

5	Swimming	<ul style="list-style-type: none"> Students will be developing and refine swimming skills gained from year 1. In line with the Level Bruce swimming assessment Criteria. 	<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 & retrieve objects Floating front & back without support Push & Glide on front Push & 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>
	Invasion Games 2 (Game play)	<ul style="list-style-type: none"> Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques. 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. Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. To keep and run a game using a set of rules. 	<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 & Scoring</p>	<p>Movement Control Space Tactics Attacking Defending Positioning Triangles Rules Chest Pass Bounce pass Target Team work</p>
	Mixed games/Parachute games	<ul style="list-style-type: none"> During the last few lessons Pupils will recap some games and activities that they have performed throughout the year. They will play some group parachute games 	<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 style="text-align: center;">Fun</p>	<p>Team work Working together Preparation Recap parachute</p>