

Our PE Journey in Year 1 & 2

We have learnt lots of new skills this year and can't wait to develop them in Key Stage 2.

"In Y2 I can learn the best jumping techniques for distance and throw different objects in a variety of ways."

"In Y1 I can explore different ways to throw and jump."

We will develop key values of being a good sports person.

"In Y2 I can orientate and use a simple map"



Key Vocabulary

- Sprint
- Target
- Aim
- Throw
- Jump
- Race
- Map
- Direction
- N, E, S, W



"In Y1 I can show consistency and control when running, jumping and throwing."

Key Vocabulary

- Run
- Jump
- Throw
- Fast
- Slow
- Aim
- Still
- Straight
- Base
- Forwards
- Backwards



"In Y1 I can use timing effectively to get in the right position"

Key Vocabulary

- Rhythm
- Speed
- Level
- Direction
- Control
- Balance
- Agility
- Space
- Shape



"In Y2 I can dance with control and coordination, changing direction, speed and level."

We will develop balance and coordination skills.

"In Y1 I can copy dance moves and start to make up my own imaginative dances."

We will begin to apply these in games activities.

We will develop throwing, kicking and catching skills.

"In Y2 I can use my sending and receiving skills in games against other players."

"In Y1 I send and receive objects in simple games"

Games - Invasion
Real PE -Agility reaction & response

Autumn Term



Real PE – balance and agility
Dance – Magic Toys

We will master balance and changing direction.

"In Y2. I can travel confidently and show creative balances"

"In Y1 I can safely find space, work out and how to balance."

We will create and perform dances using simple movement patterns, including those from different times and cultures

Spring Term



"In Y2 I can shows balance / control when collecting a ball."

We will work sensibly and effectively in pairs or small groups.

Multiskills
Athletics – Run, Jump, Throw

We take show resilience and determination

"In Y1 I can name somethings I am good at."

"In Y2 I can challenge myself to improve my times, scores and distances."

"In Y2 I can explain why someone is working or performing well."

Games – Striking & Fielding
Games - Invasion

"In Y2 I can use a variety of different shots."

"In Y1 I can hit a ball towards a target successfully."

Games - Dodgeball & Handball
OAA – Orienteering

"In Y1 I can move in the right direction towards a target"

We will show how we can follow the school games values.

End of Year

Key Vocabulary

- Target
- Teamwork
- Strike
- Chip
- Dribble
- Bounce
- Speed
- Move
- Patterns
- Put

We will listen to feedback and try to improve.

"In Y2 I can begin to maintain my concentration when performing the entire sequence. ."

"In Y1 I can perform different types of jump (isolated) with control"

"In Y2 I can perform movements (Isolated) using 'spotting' during rotation"

Key Vocabulary

- Movement
- Mood
- Feeling
- Speed
- Level
- Stretch
- High
- Low
- Extend
- Tighten

"In Y1 I can begin to maintain a steady rhythm in time with the music"



Key Vocabulary

- Throw
- Catch
- Roll
- Send
- Receive
- Control
- Pass
- Space
- Balance
- Travel
- Safety
- React
- Respond

