

## PE Year 2 Multi skills

<b>National Curriculum subject content:</b>
Develop balance, agility, and coordination.
<ul style="list-style-type: none"> <li>✓ Master basic movements including running, jumping, throwing, and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.</li> </ul>
<b>National Curriculum theme:</b>
<ul style="list-style-type: none"> <li>✓ Multi skills</li> </ul>



<b>Key Vocabulary:</b>	
Target	Place to aim for
Balance	Upright steady
Catch	Object to block progress
Control	A careful action
Direction	Way travelling
Jump	Push off a surface into the air using muscles in legs and feet
Over arm	Throw over from shoulder
Receive	To obtain
Roll	To turn over move
Underarm	Throw under from waist.
Dribble	Take ball forward using slight touches

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Sequence of Learning:						
Objectives (key knowledge):						
To learn to balance an object while moving.	To learn to use an under and over arm throw.	To know how to catch an object.	To learn to jump in a variety of ways.	To learn to use coordination skills to roll and receive a moving object.	To learn how to dribble a ball with control.	To learn to work as a team.
Key events timeline/ Fundamentals						
Bean bag balance games	Small bean bags or balls Throw and catch.	Throwing and catching with partner	Standing jumps Long jumps Jump over objects.	Hoop games	Large ball usings hands and or feet.	Team work create own games.
Agility - the ability to rapidly change direction, accelerate or decelerate.	Balance - to hold a firm stance. Coordination -the ability to control the movement of the body in cooperation with the body's functions.	Balance - to hold a firm stance. Coordination -the ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility - the ability to rapidly change direction, accelerate or decelerate. Balance - to hold a firm stance.	Agility - the ability to rapidly change direction, accelerate or decelerate. Balance - to hold a firm stance. Coordination	Balance - to hold a firm stance. Coordination -the ability to control the movement of the body in cooperation with	Balance - to hold a firm stance. Coordination - the ability to control the

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Developing running techniques for short and middle distance Work individually	Hand eye coordination		Coordination -the ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	the body's functions. Hand eye coordination	movement of the body in cooperation with the body's functions. Hand eye coordination
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