

	Autumn Term		Spring Term		Summer Term			
Area of PE	Running and Dance	Jumping and Gymnastics	Throwing and Dance	Sending and Receiving using the Body and Gymnastics	Sending and Receiving using Equipment and Athletics			
Lesson 1 – Multi-Skills/ Fundamental Skills	Running (Y2) <ul style="list-style-type: none"> Show appropriate contact with the ground where the ball of the foot pushes against the ground when running Use running skills within a race or small game situation 	Jumping (Y2) <ul style="list-style-type: none"> Lower the centre of gravity before jumping Land a jump with a wide base for balance Use jumping skills within different scenarios 	Throwing (Y2) <ul style="list-style-type: none"> Draw back and push forwards to increase power when throwing Follow through after a throw Use throwing skills within small game situations 	S&R using the Body (Y2) <ul style="list-style-type: none"> Use an appropriate draw-back according to the object being sent Use an appropriate follow through according to the object being sent Soften the impact when receiving Use sending and receiving skills within small game situations 	S&R using Equipment (Y2) <ul style="list-style-type: none"> Use an appropriate draw-back according to the object being sent Use an appropriate follow through according to the object being sent Soften the impact when receiving Use sending and receiving skills within small game situations 			
Lesson 2 - PE	Dance (Y2) <ul style="list-style-type: none"> Perform movements to a rhythm Remember short combinations of movements / sequences 	Gymnastics (Y2) <ul style="list-style-type: none"> Extend lines as far as possible and hold balance Create aesthetically pleasing balances Coordinate refined movements using fingers and toes 	Dance (Y2) <ul style="list-style-type: none"> Perform movements to a rhythm Remember short combinations of movements / sequences 	Gymnastics (Y2) <ul style="list-style-type: none"> Extend lines as far as possible and hold balance Create aesthetically pleasing balances Coordinate refined movements using fingers and toes 	Athletics (Y2) Recap of all running, jumping and throwing skills previously taught			
Key Vocabulary	Running running, forward, pump, arms, forwards, backwards, speed, increase, decrease, distance, pace, contact, balls of feet	Jumping jumping, height, distance, push, balls of feet, extend, drive, upwards, forwards, strength, power, gravity, base, balance of feet	Throwing throwing, target, under arm, over arm, object, timing, distance, height, strength, power, draw-back, follow through	S&R using the Body body parts, connection, football, netball, basketball, rugby, volleyball, position, extend, sending, receiving, draw-back, follow through, impact	S&R using Equipment equipment, sending, receiving, connection, object, position, extend, hockey stick, pop lacrosse stick, golf club, tennis, badminton, racket, cricket bat, rounders bat, surface, draw-back, follow through, impact			
	Dance space, dancing, creative, creativity, music, interpretation, themes, music, shapes, rhythm, beat	Gymnastics balance, strength, flexible, contact, coordination, travel, levels, straight, tuck, pike, straddle, star, equipment	Dance space, dancing, creative, creativity, music, interpretation, themes, music, shapes, rhythm, beat	Gymnastics balance, strength, flexible, contact, coordination, travel, levels, straight, tuck, pike, straddle, star, equipment	Athletics Athletics, throwing, jumping, running, sprint, long-distance, short-distance, javelin, long-jump, triple-jump, obstacles, hurdles, skipping			
Personal Challenges	Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes							
Level 1 Competitions	Intra-school competition - A team competition is incorporated into the last week of each unit of work – children compete in their rainbow groups. This encourages the promotion of the School Games Values and creates leadership opportunities.							
Level 2&3 Competitions	Local Inter-School Competition - Compete in inter-school competitions organised by CGS Outreach (Festival Fridays) and Newark School Spots Organiser. Some of these events are qualifes and could lead to Level 3 competitions (County competitions)							
Leadership Skills	Wear the correct PE kit	Help the teacher by organising equipment	Lead a warm up for the class	Demonstrate how to do a skill or activity	Keep time accurately in activities	Record distance, scores or points	Give clear instructions to stop or start an activity	Positively encourage my team mates

