

Cheadle Primary – the school at the heart of the village, free to flourish, ready to learn and succeed. Progression of Skills and Knowledge: PE Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Dance - Fire of London	Striking & Field Game Skills 2	Net & Wall Game Skills 2	Target Games 3	Gymnastics - Pathways: straight, zigzag & curving	Athletics 2
Overview	In this unit children use dance to express their understanding of the topic, The Fire of London. They use individual and partner work.	In this unit we look at more advanced skills like backing up in the field and chasing down the pitch to strike a ball whilst we are on the move.	This unit focuses on developing children’s striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net.	Target 3 involve children considering throwing at moving targets and sending throws and strikes at different heights and understanding when we might do that in games.	In this unit, children will develop their understanding of pathways: straight, zigzag and curving, on the floor and on apparatus.	In Athletics 2 children get to develop their ability to coordinate and link movements and refine their techniques.
Skills	<p>Use my body and create theme related shapes, movements and actions.</p> <p>Use my body to express simple theme related shapes, movements and feelings.</p> <p>Travel safely and creatively in space. Show different levels when I travel.</p> <p>Use pictures to create shapes, movements and actions.</p> <p>Work with a partner. Look at pictures and create shapes, movements and actions.</p> <p>Remember and perform a basic sequence of movement.</p>	<p>Strike a ball of a tee.</p> <p>Catch a ball after one bounce.</p> <p>Bowl overarm with a straight arm. Stop the ball consistently as wicket keeper.</p> <p>Pick up a ball one handed and return it underarm I can return the ball quickly from my bootlaces.</p> <p>Strike a ball to leg from a short delivery</p> <p>Chase a ball and throw it back accurately.</p> <p>Strike a ball off a tee whilst on the move.</p> <p>Play a game applying the skills I have learned.</p>	<p>Send and receive a ball with some degree of accuracy. Move quickly into good positions to catch.</p> <p>Strike a ball with some degree of accuracy</p> <p>Volley a ball by getting in line and underneath it.</p> <p>Keep a short rally going with a partner.</p> <p>Develop a good grip and stance. Begin to strike with more consistency and accuracy on the forehand.</p> <p>Return a ball after one bounce that has been thrown to me by a partner. Begin to rally a few shots with more success.</p>	<p>Throw a ball underarm with either hand and with some accuracy at a target.</p> <p>Kick a ball with some accuracy with both feet. Strike at targets that move.</p> <p>Roll with good technique with either hand.</p> <p>Roll with some accuracy with either hand.</p> <p>Strike a ball with a racket or bat at a target with some degree of force. Strike with a degree of accuracy.</p> <p>Aim with accuracy at a target so it hits on the second bounce.</p> <p>Throw flatter and with more force.</p>	<p>Run and jump through 90, 180 degrees. Turn.</p> <p>Perform a sequence in different pathways.</p> <p>Create a sequence in zig zag pathways.</p> <p>Demonstrate variety in my movements.</p> <p>Perform with clear starting and finishing positions.</p> <p>Perform with control and adaptations to my original work.</p> <p>Perform a sequence of moves in a curved pathway.</p> <p>Improve my work by acting upon feedback.</p> <p>Travel backwards and sideways as part of a sequence.</p> <p>Perform a variety of moves on floor and apparatus using different pathways</p> <p>Make my sequences flow.</p>	<p>Demonstrate agility, balance and coordination.</p> <p>Jump in a variety of ways. Coordinate a run with a jump.</p> <p>Discover and develop different styles of jumping. Leap, jump and hop.</p> <p>Jump in a variety of ways.</p> <p>Add a short run up to my jump.</p> <p>Throw with good technique Throw with a run up.</p> <p>Help a peer improve their performance with good feedback Demonstrate a variety of athletic techniques competently</p>
Knowledge	<p>That we need to look forwards to safely move around in space.</p> <p>That we need to control our speed to ensure safety.</p> <p>How to turn what I see into ways of moving.</p> <p>How to listen to other people’s ideas and vocalise my own thoughts.</p> <p>How to turn what I see into ways of moving.</p>	<p>To run between the wickets after striking a ball into space.</p> <p>To bowl from the crease line</p> <p>What a no-ball and wide is.</p> <p>Why is it important to be adept at picking the ball up with both hands. At which point from the crease I need to slide my bat.</p> <p>How to form a long barrier What the correct technique for throwing overarm is.</p> <p>Why it is important to back throws up in the field</p> <p>Why we might chase down the pitch as a batsman.</p>	<p>What a position of readiness looks like.</p> <p>To track the flight of the ball with my eyes.</p> <p>Which the best technique to use is, to return a ball.</p> <p>That I have to get under the ball sufficiently to strike it upwards and over a net.</p> <p>That the ball has to go over the net and land in the court on the other side.</p> <p>That I need to move quickly to get into good positions to return the ball.</p> <p>How to play a game of short tennis against an opponent.</p> <p>To try and get back to the centre of the court after each shot.</p>	<p>What position I need to get my body in to throw well.</p> <p>That I need to get my standing foot next to the ball when striking.</p> <p>That it is more challenging to hit moving targets.</p> <p>To change my stance depending on which hand I am rolling with. That when playing games I need to share resources.</p> <p>.What technique I need to use when striking a ball with a racket.</p>	<p>To take off from one foot and then spring from two into a jump. How to land safely.</p> <p>What a zig zag pathway is. Ways that I can adapt work to make it even better.</p> <p>The importance of changes of level and direction.</p> <p>What a curved pathway is. Different gymnastic moves that fit nicely into performing in a curved pathway.</p> <p>What mirroring is.</p> <p>How to perform in synchrony with a partner.</p> <p>Good ways of transitioning from one move to the next</p> <p>How to make my performances aesthetically pleasing.</p>	<p>To retain my focus</p> <p>The importance of a good start</p> <p>To cushion my knees when landing</p> <p>The technique for different types of jump</p> <p>How to improve my technique to increase the height and distance of my jumps.</p>

