










YEAR 2	HEALTH & FITNESS
<b>HANDS</b>  	Copy balance tasks and repeat activities with some control
	Link movements together often with control
	Move quickly keeping balance to keep simple rallies going
	Perform some continuous activity skills without stopping
	Often copy accurately and repeat fitness activities keeping balanced with less pauses
<b>HEAD</b>  	Identify several reasons why physical activity is good for me
	Know what coordination means
<b>HEART</b>  	Cooperate with a partner to keep a simple rally going
	Describe how their bodies feel during different activities.
	Show some resilience to perform continuous activities without stopping




Find Us:

YEAR 2	GAMES
<b>HANDS</b>  	Travel and change direction showing control and coordination.
	Travel with equipment including bouncing ball, dribbling ball at feet, dribbling with stick and ball.
	Roll a ball accurately and in different directions.
	Throw underarm and overarm
	Throw at targets for accuracy
	Kick a ball with inside of foot
	Trap a ball with feet and hands showing improved control.
	Catch a ball (medium height) and attempt catching a ball at different heights.
	Strike a ball with a bat/racket.
	Pass the ball to a person in space
	Throw or hit an object into space to make it more difficult for their opponent.
	Hit or run into space to help others score.
	Begin to show basic marking by staying close to someone.
<b>HEAD</b>  	Understand the importance of aiming.
	Pass the ball to a person in space
	Hit or run into space to help others score.
	Comment why something was good.
	Watch a skill or game carefully and recognise what was successful.
	Describe what they have done or seen others doing.
<b>HEART</b>  	Pass the ball to a person in space
	Hit or run into space to help others score.
	Describe how their bodies feel during different activities.




Find Us:

YEAR 2	DANCE
<b>HANDS</b> 	Repeat simple travelling actions; hop, gallop, spin with improved control.
	Vary changes in speed, strength, tension, direction.
	Freeze in different shapes/positions on certain counts.
	Repeat and remember simple movement patterns i.e. Walk, leap, spin, and jump.
	Create simple travelling/movement patterns.
	Explore basic large body actions and gestures from a range of stimuli (words, sounds, pictures, objects etc)
<b>HEAD</b> 	Remember when to move and when to be still.
	Repeat and remember simple movement patterns.
	Copy and remember a partner's movement pattern.
	Describe why you think certain body actions have been chosen.
	Describe actions using simple dynamic qualities (fast/slow, hard/soft, strong/light etc)
	Use simple dance vocabulary to describe why they like something
<b>HEART</b> 	Copy and remember a partner's movement pattern.
	Describe how their bodies feel during different activities.

Find Us:

YEAR 2	ATHLETICS
<b>HANDS</b> 	Run at fast, medium and slow speeds, changing speed and direction; link running and jumping activities with some control and consistency.
	Copy jumps with greater control and accuracy.
	Can repeat a short sequence of linked jumps. Such as hop, hop, jump.
	Use body effectively to jump for height and/or distance.
	Can throw a variety of objects, changing their action for accuracy and distance as required
	To include; underarm throw, 2 and 1 handed push, 2 and 1 handed pull.
<b>HEAD</b> 	Can take part in a relay activity, remembering when to run and what to do.
	Can repeat a short sequence of linked jumps. Such as hop, hop, jump.
	Watch an athletic action or performance and recognise what was successful
	Comment on an action and say how you might improve it. 'What do I need to do with my body to jump further/higher' etc
<b>HEART</b> 	Take part in a team relay activity, remembering when to run and what to do.
	Describe how their bodies feel during different activities.

Find Us:

YEAR 2	GYMNASTICS
<b>HANDS</b> 	Copy and repeat jogging, galloping, hopping, skipping with control and accuracy.
	Remember and repeat travelling patterns in different directions.
	Copy and remember tuck, straddle, dish, arch, pike.
	1, 2, 3, 4 point balances body on large and small body parts inc, front and back support.
	Copy and repeat sideways rolling inc; log, egg, shoulder, dish-arch.
	Circle/Teddy roll, rocking forwards and backwards in tuck to feet.
	Forward roll to feet
	Copy and repeat 2-2, 1-2, 2-1, 1-1, 1-1 (other) with control.
	Jumping for increased height. Jumping with accurate shape and landing on feet.
	Create and link combinations of 2 actions i.e. 2 x balance, 2 x travel and remember them
	Link 3-4 simple actions; travel – jump – spin – balance and remember them.
	Copy and remember a partner's sequence accurately.
<b>HEAD</b> 	Remember and repeat travelling patterns in different directions.
	Remember a partner's sequence accurately.
	Adapt sequences to include apparatus.
	Describe actions they see and comment on an action and say how they might improve it.
<b>HEART</b> 	Adapt a sequence to include a partner.
	Describe how their bodies feel during different activities.

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