



P.E.	Games Sending Skills	Year 2	Spring Term 2
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Skills

- Perform basic skills of rolling, striking and kicking with more confidence.
- Catch and throw in simple movement games.

Key Knowledge

Show awareness of opponents and teammates when playing games. Recognise differences in how they feel before and after warming-up.

Apply skills in a variety of simple games.

Recognise differences in how they feel before and after warming-up.

Sequence of Practical Experiences

Develop strategies to avoid opponents i.e. find space/change direction quickly.

Learn to change direction with the ball.

Practice travelling with the ball using hands and feet

Learn to change direction with the ball.

Develop control over a ball using a stick/bat.

Develop stick/eye/ball co-ordination.

Have the opportunity to consolidate skills learnt in previous lessons.

Be able to create a practice with partner

Statutory requirements

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

Prior Learning

- Use basic underarm, rolling and hitting skills
- Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency
- Catch a beanbag and a medium-sized ball
- Throw, hit and kick a ball in a variety of ways, depending on the needs of the game

Key Vocabulary

- rebound
- tracking or following the movement of a ball (coordination)
- aiming
- speed
- direction
- passing
- controlling
- shooting, scoring
- grids or other markings

Techniques

Dribbling Basketball



Dribbling Hockey



Dribbling Football



Heads, Hearts, Hands

