



Physical Education Curriculum Overview Year 2



Concepts	Resilience	Show awareness and express feelings on winning and losing.	
	Cooperation and Courtesy	Work well with others in physical activity and begin to support team members	
	Health (mental and physical)	Aware that mental wellbeing is a normal part of daily life, in the same way as physical health	
	Competition	Begin to play competitively and achieve personal goals and targets set by the teacher	
Gymnastics	NC: Developing balance, agility and co-ordination, and begin to apply these in a range of activities		
Skills	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. 		
Vocabulary	balance, travel, shape, roll, jump, control, flexibility, space, sequence		
Recap from Y1	<ul style="list-style-type: none"> • Copy and remember actions. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. 		
Dance	NC: Perform dances using simple movement patterns		
Skills	<ul style="list-style-type: none"> • Move with careful control and coordination. • Link two or more actions to perform a sequence. 		
Vocabulary	position, movement, shape, coordination, control, sequence, perform		
Recap from Y1	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Choose movements to communicate a mood, feeling or idea. 		
Games	NC: Participate in team games, developing simple tactics for attacking and defending NC: Master basic movements including running, jumping, throwing and catching		
Skills	<ul style="list-style-type: none"> • Develop tactics. • Lead others when appropriate. 		
Vocabulary	running, jump, throwing, catching, tactics, attacking, defending, teamwork, control		
Recap from Y1	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. 		
Athletics	NC: Master basic movements including running, jumping, throwing and catching		
Skills	(Athletics skills covered within games as they are combined)		

Swimming Objectives Completed in Key Stage 2.