

OUR MISSIONS: Love of learning – Grow Spiritually – Foster Respect – Serve our Community – Opportunity to Flourish – Prepare and Equip		
Year 2 Subject PE- Outdoor Games		
Autumn – Topic A	Spring – Topic B	Summer – Topic C
<p>Key Skills:</p> <ul style="list-style-type: none"> <li>recognise and describe how the body feels during and after physical activity;</li> <li>Explain what they need to stay healthy</li> </ul> <p>Invasion Games (6 weeks)</p> <ul style="list-style-type: none"> <li>To move with the ball in a game (dribbling) (Lesson 1)</li> <li>To kick a ball whilst moving. (Lesson 1)</li> <li>To dodge a moving object. (Lesson 1)</li> <li>To use space when passing and receiving in a game. (different pathways) (Lesson 2)</li> <li>To find and move into space to receive a pass. (Lesson 2)</li> <li>To pass and receive the ball in a game (kicking a football). (Lesson 2)</li> <li>To use throwing and catching to pass and receive the ball in a game. (Lesson 3)</li> <li>To know how to catch a ball. (Lesson 3)</li> <li>To use an overhead pass. (Lesson 3)</li> <li>To use an underarm throw. (Lesson 3)</li> <li>To choose the best pass to use in a game. (Lesson 3)</li> <li>Participate in team games, developing simple tactics for attacking and defending. (Lesson 4)</li> <li>To know how to make or deny space when attacking and defending in a game. (Lesson 4)</li> <li>To understand the job of the attacker and the attacking team. (Lesson 4)</li> <li>To understand the job of the defender and the defending team. (Lesson 4)</li> </ul>	<p>Key Skills</p> <ul style="list-style-type: none"> <li>Throw a ball for distance.</li> </ul> <p>Throwing and catching (6 weeks)</p> <ul style="list-style-type: none"> <li>To roll and stop a ball (Lesson 1)</li> <li>To roll a ball along a line (Lesson 1)</li> <li>To stop a ball rolling ball with my hands (Lesson 1)</li> <li>To react quickly (Lesson 1)</li> <li>To bounce a ball with control whilst moving (Lesson 2)</li> <li>To bounce a ball back down to the floor (Lesson 2)</li> <li>To bounce a ball with one hand (Lesson 2)</li> <li>To bounce a ball high and low (Lesson 2)</li> <li>To run and bounce a ball (Lesson 2)</li> <li>To throw a ball that I can catch (Lesson 3)</li> <li>To jump to catch a ball. (Lesson 3)</li> <li>To catch a ball in different ways (Lesson 3)</li> <li>To balance on one leg. (Lesson 3)</li> <li>To keep my balance when pushed (Lesson 3)</li> <li>To catch a ball thrown from different directions. (Lesson 4)</li> <li>To throw and catch in a group of three or more.(Lesson 4)</li> <li>To throw and catch a ball at different heights. (Lesson 4)</li> <li>To get into position to receive a ball. (Lesson 4)</li> <li>To hold my position when pushed. (Lesson 4)</li> <li>To bounce a ball to a partner (Lesson 5)</li> </ul>	<p>Key Skills</p> <p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p> <p>. Be able to maintain and control a run over different distances.</p> <p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate the best jumps to cover different distances.</p> <p>Choose the most appropriate jumps to cover different distances.</p> <p>Know that the leg muscles are used when performing a jumping action</p> <ul style="list-style-type: none"> <li>Copy movement of a leader with co-ordination and control (<b>Athletics – Follow the leader pg34</b>)</li> <li>Run on a curve with co-ordination and control (Athletics – Rainbow run pg36)</li> <li>Run and change direction, demonstrating speed and agility (<b>Athletics – Cat &amp; mouse pg37</b>)</li> <li>Co-operate and compete with a partner (<b>Athletics – Cat &amp; mouse pg37</b>)</li> <li>Move quickly to a base in response to voice instructions (<b>Athletics – Touch base pg38</b>)</li> </ul>

<ul style="list-style-type: none"> <li>• To create space by dodging and swerving. (Lesson 4)</li> <li>• To deny space by marking an opponent. (Lesson 4)</li> <li>• To shoot at a target when attacking (Lesson 5)</li> <li>• To intercept or stop a ball to protect a target when defending. (Lesson 5)</li> <li>• To understand how to attack and defend in a competitive game. (Lesson 5)</li> <li>• To follow rules to play a game (Lesson 6)</li> <li>• To work as part of a team (Lesson 6)</li> </ul>	<ul style="list-style-type: none"> <li>• To change the height of a bounce pass (Lesson 5)</li> <li>• To bounce under an obstacle (Lesson 5)</li> <li>• To bounce through a target (Lesson 5)</li> <li>• To bounce over a target (Lesson 5)</li> <li>• To use an underarm sling (Lesson 6)</li> <li>• To aim a quoit sideways on. (Lesson 6)</li> <li>• To move my wrist to throw a quoit. (Lesson 6)</li> <li>• To hit a target (Lesson 6)</li> </ul> <p><b>Bat and Ball (6 weeks)</b></p> <ul style="list-style-type: none"> <li>• To hold a racket correctly. (Lesson 1)</li> <li>• To use my racket to hit a ball to a target. (Lesson 1)</li> <li>• To cooperate with others to play a team game (Lesson 1)</li> <li>• To throw a ball underarm for my partner to hit. (Lesson 2)</li> <li>• To hit a ball that has been thrown to me. (Lesson 2)</li> <li>• To recognise ways to be successful when playing a team game. (Lesson 2)</li> <li>• To understand what a tactic is. (Lesson 3)</li> <li>• To apply a tactic that I have practised. (Lesson 3)</li> <li>• To combine my skills to play a competitive game (Lesson 3)</li> <li>• To hold a cricket bat correctly. (Lesson 4)</li> <li>• To hit a ball to a target. (Lesson 4)</li> <li>• To roll a ball with control (Lesson 4)</li> <li>• To use more than one skill in a team relay. (Lesson 4)</li> <li>• To hit a ball that has been rolled to me. (Lesson 5)</li> </ul>	<ul style="list-style-type: none"> <li>• Show awareness of space and the safety of others (<b>Athletics – Touch base pg38</b>)</li> <li>• Accelerate quickly and run fast to retrieve an object (<b>Athletics – Beanbag relay pg 39</b>)</li> <li>• Co-operate with others in a team (<b>Athletics – Beanbag relay pg 39</b>)</li> <li>• Complete an obstacle course with speed, control and agility. (<b>Athletics – Obstacle course pg 40</b>)</li> <li>• Demonstrate various jumps in response to instructions. (<b>Athletics – Animal jumps pg 41</b>)</li> <li>• Link multiple step / jump combinations with balance and co-ordination (<b>Athletics – Ladders pg46</b>)</li> <li>• Jump quickly from side to side showing co-ordination and balance (<b>Athletics – Line bounce pg47</b>)</li> <li>• Roll a ball accurately (<b>Athletics – Roll a goal pg52</b>)</li> </ul>
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	<ul style="list-style-type: none"> <li>• To hit a ball to a target. (Lesson 5)</li> <li>• To throw a ball overarm. (Lesson 5)</li> <li>• To take on different roles within a game (Lesson 5)</li> <li>• To use an accurate overarm throw. (Lesson 6)</li> <li>• To cooperate with others to play a competitive team game. (Lesson 6)</li> <li>• To combine the skills that I have practised. (Lesson 6)</li> <li>• To watch and evaluate the performance of a partner.(Lesson 6)</li> </ul>	
<p>Learning and Activities</p> <p>* They must dribble with their ball within a coned area at a walking pace, keeping the ball close to their feet</p> <p>* Children must travel around the space, avoiding objects set out on the floor (cones, balls, ropes, hoops) and each other.</p> <p>* Children dribble with the ball down the channel.</p> <p>* They must move in different ways around the playing area depending on the command (forwards, sideways, backwards, with little steps, big steps).</p> <p>• Aliens tag astronauts, keeping one foot on their spot at all times during the game. If an astronaut is tagged, they stand still and put their hands on their head, waiting for a fellow astronaut to rescue them by sprinkling some magic stardust on them.</p>	<p>Learning and Activities</p> <p>* Children find a line and roll their object along it. They control the direction using small hand touches as it progresses along the line.</p> <p>* Children roll their ball into a hoop.</p> <p>* They roll their ball onto targeted hopscotch square.</p> <p>* Children to use the cards to bounce balls in different ways.</p> <p>* Children to follow a leader around bouncing a ball, rapidly changing running speed, direction, hands and bouncing height.</p> <p>*Children to weave in and out of cones while bouncing balls.</p> <p>* Split the class into 5 groups and send each group to a different station. Give them two minutes at each</p>	<p>Learning and Activities</p> <p><b>Athletic plans</b></p> <p>* Pupils start in a line behind the teacher or other 'leader'. Leader moves in different ways (e.g. changing direction, speed, footwork, arm actions and height). Pupils follow and copy the movements. Gradually increase intensity of movement.</p> <p>* Pupils stand (or sit) in a circle 8-12m across. Give each pupil a colour from the rainbow (maximum 5 colours). They should not be next to someone who has the same colour. Check that pupils know their colour. Explain that when a colour is called, anyone with that colour should run around the circle back to their own space. Call colours out at random (there is no need to wait until all pupils of one colour are back in their places before calling out the next colour)</p> <p>* Pupils work in pairs; each pair has a coloured band (or TAG belt) One pupil (the mouse) tucks the band into the back of the waistband of their shorts, so that it hangs like a tail. The aim of the</p>

<p>* Practise passing and receiving a football against a wall. Practise passing and receiving the ball with a partner.</p> <p>* Practise underarm throwing and catching with a partner using a beanbag. Stand three metres apart and aim for the chest. You can challenge yourself further by using a tennis ball.</p> <p>* With a partner, practise the overhead pass. Stand approximately four metres apart and throw a large ball to one another. If you find this difficult then try using a smaller ball or beanbag.</p> <p>* In pairs, children take it in turns to chase each other's shadows. The child being chased must try to avoid their shadow being stepped on by quickly changing direction and speed. The child chasing must try to step on their partner's shadow by reacting to their movements as they change direction and speed.</p> <p>* Both players must hang a tag from the back of their shorts and must have a rugby ball and two cones between them. The aim of the game is to try and get the rugby ball over the line or past the cones without being tagged. Players take it in turns to be the attacker (dodging and swerving) and the defender (marking).</p> <p>* Aim for a hoop with a beanbag. Stand at different distances from the hoop to make it easier or harder. With a ball, aim for the cricket stumps with a tennis ball. Stand at different distances away to make it easier or harder.</p> <p>For both activities, practise throwing underarm and overarm.</p> <p>* Children spend approximately two minutes at each station aiming at the different targets with</p>	<p>station and then ask them to move on in a clockwise direction.</p> <p>Station 1: Throw a ball or beanbag over the head and catch it behind your back.</p> <p>Station 2: Throw a ball or beanbag up in air. Jump to catch it. How high can you throw it and catch it with a jump?</p> <p>Station 3: Throw a ball or beanbag up in the air and catch it with one hand.</p> <p>Station 4: Throw a ball or beanbag up in the air and catch it with your eyes closed.</p> <p>Station 5: Throw a beanbag up in the air and catch it with any part of your body. How many different parts of your body can you catch it with?</p> <p>* The children stand facing their partner a few steps apart. They start by throwing the ball to each other and catching it.</p> <p>* Children stand in a three, a triangle, with the aim to pass it as many times as possible between them. Children are to stand still and swivel from the hips. Encourage them to mask who they will throw to next to challenge reaction times.</p> <p>* Children to pass in different ways, shout 1,2 or 3 periodically. 1= pass the ball quicker. 2= crouch down and attempt to ball the ball. 3= try catching and only one hand.</p> <p>* Children stand in pairs with a hoop between them. The aim is to bounce the tennis ball into a hoop and then to their partner.</p> <p>* Children to apply their bounce pass ability to complete an obstacle course.</p> <p>* Demonstrate pitching a quoit. for good technique. Get the children to find a space and have a go</p>	<p>game is for the cat to steal the tail from the mouse at which point, pupils swap roles</p> <p>Stop the game at regular intervals to ensure that everyone is both cat &amp; mouse.</p> <p>* Place the coloured cones or spots around the playing area. Pupils jog between them. On hearing a colour called, pupils run quickly to the nearest available cone/spot and freeze.</p> <p>* Place one beanbag per pupil along a straight line. Organise pupils into teams of 3 to 5 and line them up opposite the beanbags. Each member of the team runs as quickly as possible to pick up a beanbag and bring it back to the team; then the next runner can go</p> <p>Relay ends when all members of the team have brought back one beanbag.</p> <p>* Set up obstacle courses using available equipment. Walk pupils round the course, experimenting with how best to complete the tasks. Line groups of 3 to 5 pupils opposite the obstacle course. Each member of the team completes the obstacle course as quickly as possible. Decide a safe point at which the next pupil can begin the course e.g. when the previous pupil is past the third obstacle.</p> <p>* Ask pupils which animals can jump</p> <p>Decide how best to imitate those movements. On the command: "Jump like a ..." pupils adopt that jumping style.</p> <p>* Divide the class into groups of 4. Mark an area where pupils can perform a sequence of 6 evenly spaced steps/jumps. Pupils take it in turn to explore different ways of travelling along the ladder</p>
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<p>different objects and from a range of distances away.</p> <p>* Set up a cone and a hoop approximately four metres apart. One child stands at the cone and aims for the hoop with a beanbag. The other stands halfway between the cone and the hoop and must try to stop the beanbag from landing in the hoop. Children take turns to be the attacker aiming for the target and the defender protecting the target.</p>	<p>* The children need a partner, a quoit each and a hoop. Standing a few steps away from the hoop, the children see how many times they can get their quoit into the hoop in two minutes. Swap over.</p> <p><b>Bat and Ball (6 weeks)</b></p> <p>* Give each child a ball and ask them to balance it on their racket as they move around the space</p> <p>* Spread some hoops around the space. When children reach a hoop, they need to let the ball drop off their racket to bounce once in the hoop and then catch it again.</p> <p>* Children to practise hitting their ball into a space</p> <p>* Children into groups. Set up the game as shown on the <b>Area Plan: Score Some Points</b> and use this to introduce the game to the children.</p> <p>* <b>Underarm Throw</b> to introduce this activity and to remind children of the key teaching points. Put the children into pairs and give them some time to practise throwing and catching</p> <p>* <b>Hit it Back</b> to introduce this activity. Give the children some time to practise with their partner.</p> <p>* Talk about how tennis players try to find the spaces on the opposite side of the court and that this tactic helps them to win the game. Explain that the children will be practising the tactic of finding spaces ready to play against their opponent.</p> <p>* Put the children into pairs. Explain that they will now be playing a game against their partner and that they</p>	<p>Start with simple sets of steps, hops or jumps and progress towards combination sequences Encourage greater speed and rhythm.</p> <p>* In pairs, identify a bouncer and a counter. The bouncer stands with both feet on one side of a line. On the command “go”, bouncers jump sideways across the line and back as many times as possible until the teacher blows the whistle (after 10 seconds) Partners count the bounces and tell their partner.</p> <p>* Divide the pupils into groups of 4. Give each group 1 ball, and 2 cones to set up a small ‘goal’ with one pair on either side of the goal (3-6m away) In turns, pupils roll the ball back and forward through the gate.</p>
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	<p>will need to make use of the tactic that they have practised in order to win.</p> <p>* <b>Holding a Bat</b> to introduce the skill and give the children some time to practise pushing a ball around in the space. Introduce some cones as obstacles for them to negotiate.</p> <p>* Put the children into pairs and use the <b>Skills Poster: Hit That Ball</b> to demonstrate how to hit a ball forwards using a cricket bat. Set up pairs of cones opposite each other, provide each child with a bat and give each pair a ball. Children place their ball on the cone (or on the floor next to their cone) and practise hitting it along the ground, using their partners cone as a target to aim for.</p> <p>* <b>Roll the Ball</b> to demonstrate the skill of accurately rolling a ball to a partner. Then, put the children into pairs - standing opposite each other - and give them time to practise the skill.</p> <p>* Put the children into pairs and give them a few minutes to practise rolling a ball to each other</p> <p>* Put the children into groups and use the <b>Area Plan: Hit the Cone</b> to introduce this activity.</p> <p>* Explain that in a game of cricket, the fielders often use an overarm throw to send the ball long distances. Use the <b>Skills Poster: Overarm Throw</b> to introduce this activity and give the children some time to practise overarm throwing into a space.</p> <p>* <b>Overarm Throw</b> to recap the key teaching points from the previous lesson. Put the children into pairs and ask them to watch each other throwing overarm into a space.</p>	
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	<b>*Target Practice</b> to set-up and introduce this activity. How many times can you hit the cone?	
Extension and Enrichment Opportunities		