



PE Y2 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Multi-skills</p> <p>Lesson 1 - Explore static balancing. Understand concepts of bases.</p> <p>Lesson 2 - Combine a number of coordination drills, using upper and lower body.</p> <p>Lesson 3 - To aim a variety of balls and equipment accurately.</p> <p>Lesson 4 - Travel in different ways,</p>	<p>Ugly Bug Ball Dance</p> <p>Lesson 1 - Explore different levels and different speeds of movement.</p> <p>Lesson 2 - Compose and perform simple dance phrases.</p> <p>Lesson 3 - To show contrasts in simple dances with good body shape and position.</p> <p>Lesson 4 - Develop a range of dance movements to improve timing.</p>	<p>Groovy Gymnastics</p> <p>Lesson 1 - Remember and repeat simple gymnastic actions with control.</p> <p>Lesson 2 - Balance on isolated parts of the body using the floor and hold balance.</p> <p>Lesson 3 - Develop a range of gymnastic moves, particularly balancing.</p> <p>Lesson 4 - Link together a number of gymnastic actions</p>	<p>Brilliant Ball Skills</p> <p>Lesson 1 - Use hand-eye coordination to control a ball.</p> <p>Lesson 2 - To catch a variety of objects.</p> <p>Lesson 3 - To vary types of throws.</p> <p>Lesson 4 - To kick and move with a ball.</p> <p>Lesson 5 - Develop catching and dribbling skills.</p> <p>Lesson 6 - Use ball skills in a mini festival.</p>	<p>Throwing and Catching</p> <p>Lesson 1 - Learn skills for playing striking and fielding games.</p> <p>Lesson 2 - Position the body to strike a ball.</p> <p>Lesson 3 - Practise striking a small ball.</p> <p>Lesson 3 - To develop catching skills.</p> <p>Lesson 4 - To throw a ball for distance. (overarm)</p> <p>Lesson 5 - Practise throwing skills in a circuit.</p>	<p>Active Athletics</p> <p>Lesson 1 - To run with agility and confidence.</p> <p>Lesson 2 - Learn the best jumping techniques for distance.</p> <p>Lesson 3 - To throw different objects in a variety of ways.</p> <p>Lesson 4 - To hurdle an obstacle and maintain running style.</p> <p>Lesson 5 - To be able to run for a distance.</p>

<p>showing clear transitions between movements.</p> <p>Lesson 5 - Maintain balance when changing direction.</p> <p>Lesson 6 - To use skills learned in a game.</p>	<p>Lesson 5 - To work to music, creating movements that show rhythm and control.</p> <p>Lesson 6 - Perform a complete dance with clarity and flow showing changes in levels and speed.</p>	<p>into a sequence.</p> <p>Lesson 5 - Explore ways of travelling around on large apparatus.</p> <p>Lesson 6 - Choose and use a variety of gymnastic actions to make a sequence.</p>		<p>Lesson 6 - Play a game fairly and in a sporting manner. Use fielding skills to play a game.</p>	<p>Lesson 6 - Complete an obstacle course with control and agility.</p>
<p>Boot camp</p> <p>Lesson 1 - Understand how to prepare the body for exercise.</p> <p>Lesson 2 - Understand what happens to the heart rate during exercise.</p> <p>Lesson 3 -</p>	<p>Mighty movers (running)</p> <p>Lesson 1 - To run effectively using the arms.</p> <p>Lesson 2 - Demonstrate running with balance and coordination.</p>	<p>Skip to the beat</p> <p>Lesson 1 - Perform skipping moves with agility, balance and coordination.</p> <p>Lesson 2 - Explore different ways of jumping/hopping with balance and</p>	<p>Gymfit Circuits</p> <p>Lesson 1 - Identify techniques to improve balance.</p> <p>Lesson 2 - Practise a range of gymnastic skills through a series of circuits.</p>	<p>Cool core (strength)</p> <p>Lesson 1 - Develop and improve core strength and agility.</p> <p>Lesson 2 - Improve plank technique.</p>	<p>Multi-fitness</p> <p>Lesson 1 - To complete a circuit of activities.</p> <p>Lesson 2 - Understand the purpose of a circuit and how it can improve fitness.</p>

<p>Demonstrate the correct techniques for activities.</p> <p>Lesson 4 - Develop agility and coordination.</p> <p>Lesson 5 - Perform simple patterns of movement.</p> <p>Lesson 6 - Complete a circuit that includes all activities practised.</p>	<p>Lesson 3 - Understand the purpose of a circuit and how it can improve fitness.</p> <p>Lesson 4 - Develop a good technique for running circuit and value of a circuit.</p> <p>Lesson 5 - Complete a running circuit.</p> <p>Lesson 6 - Improve score on previous running circuit.</p>	<p>accuracy.</p> <p>Lesson 3 - To skip with control and balance.</p> <p>Lesson 4 - Demonstrate good technique while skipping.</p> <p>Lesson 5 - Observe and comment on others performances.</p> <p>Lesson 6 - To be able to skip fluently demonstrating control and balance.</p>	<p>Lesson 3 - Perform a range of gymnastic skills with increased accuracy.</p> <p>Lesson 4 - Perform a sequence of gymnastic moves within a circuit.</p> <p>Lesson 5 - Perform a sequence of moves at each station within a circuit with increased accuracy.</p> <p>Lesson 6 - Evaluate performance of gymnastic moves within a circuit.</p>	<p>Lesson 3 - Perform a small crunch and understand what it does. Perform an activity that includes the abs.</p> <p>Lesson 4 - Perform a squat and diagonal body twist and understand why they are valuable exercises to do.</p> <p>Lesson 5 - Jump with accuracy using core strength to maintain balance.</p> <p>Lesson 6 - Use hoop skills that will aid core strength and balance.</p>	<p>Lesson 3 - To skip with control and balance.</p> <p>Lesson 4 - Evaluate my performance of gymnastic moves within a circuit.</p> <p>Lesson 5 - Improve core strength, balance and agility.</p> <p>Lesson 6 - Evaluate my performance of gymnastic moves within a circuit.</p>
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga

