



*The Best That You Can Be*  
**Devonshire Primary Academy**  
PE Long Term Plan



<u>Year 2</u>						
Week	Autumn		Spring		Summer	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
<b>1</b>	<b>* <u>FMS</u></b>  Develop the ability to hop accurately.	<b><u>FMS</u></b>  Develop the ability to run fast.	<b>* <u>Seaside Dance</u></b>  Explore a range of movements linked to the sea which includes rising and falling- <ul style="list-style-type: none"> <li>• Ripple</li> <li>• Sparkle</li> <li>• Waves</li> <li>• Ebb</li> <li>• Flow</li> </ul> Copy, remember and repeat basic movements and positions.	<b>* <u>Small Team Games</u></b>  Apply a range of FMS in a game situation 1v1.	<b>* <u>Health Related Fitness</u></b>  Develop stamina through games, exercises or activities that increase stamina.	<b><u>Team Games</u></b>  Participate in a team game that develops teamwork and throwing/catching with some success.  Understand the importance of rules and be able to follow them in simple games.  Master the use of the term 'team-mate' independently.
<b>2</b>	<b><u>FMS</u></b>  Develop the ability to skip accurately.	<b><u>FMS</u></b>  Develop how to perform a	<b><u>Seaside Dance</u></b>	<b><u>Small Team Games</u></b>	<b><u>Health Related Fitness</u></b>	<b><u>Team Games</u></b>  Participate in a team game that

		two-handed strike accurately.	<p>Explore a range of movements linked to the sea life -</p> <ul style="list-style-type: none"> <li>• Fish</li> <li>• Crabs</li> <li>• Crabs</li> <li>• starfish</li> </ul> <p>Copy, remember and repeat basic movements and positions.</p>	<p>Use of the terms 'opponent', 'attacking', 'defending' and 'team-mate' independently.</p> <p>Apply a range of FMS in a game situation 2v1.</p>	<p>Develop stamina through games, exercises or activities that increase agility.</p>	<p>develops teamwork and passing in different ways with some success.</p> <p>Understand the importance of rules and be able to follow them in simple games.</p> <p>Master the term 'opponent', independently.</p>
<b>3</b>	<b><u>FMS</u></b>	<b><u>FMS</u></b>	<b><u>Seaside Dance</u></b>	<b><u>Small Team Games</u></b>	<b><u>Health related Fitness</u></b>	<b><u>Team Games</u></b>
	Develop the ability to side gallop accurately.	Develop overarm and underarm throwing and catching with accuracy.	<p>Explore a range of movements linked to surfing using different levels- high and low.</p> <p>Copy, remember and repeat basic movements and positions.</p>	<p>Communicating effectively and engaging in co-operative, physical activity.</p> <p>Apply a range of FMS in a game situation 2v2.</p>	<p>Develop stamina through games, exercises or activities that increase strength.</p>	<p>Participate in a team game that develops co-operation and trust using striking and fielding with some success.</p> <p>Understand the importance of rules and be able to follow them in simple games.</p>

4	<p><b><u>FMS</u></b></p> <p>Develop the ability to jump for distance accurately.</p>	<p><b><u>FMS</u></b></p> <p>Develop the ability to dodge accurately.</p>	<p><b><u>Seaside Dance</u></b></p> <p>In groups perform with some control and developing coordination.</p>	<p><b><u>Small Team Games</u></b></p> <p>Show an awareness of space from opponents and team mates.</p> <p>Apply a range of FMS in a game situation 4v2.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Further develop strength, stamina and agility through participating in circuit training.</p>	<p><b><u>Team Games</u></b></p> <p>Participate in a team game that develops attacking through dodging using kicking and passing/dribbling a ball with some success.</p> <p>Understand the importance of rules and be able to follow them in simple games.</p> <p>Master the term 'attacking' independently.</p>
5	<p><b><u>FMS</u></b></p> <p>Develop the ability to roll and bounce a ball accurately. Assess FMS against tick sheet.</p>	<p><b><u>FMS</u></b></p> <p>Develop the ability to kick accurately. Assess FMS against tick sheet.</p>	<p><b><u>Seaside Dance</u></b></p> <p>Perform showing an awareness of an audience.</p>	<p><b><u>Small Team Games</u></b></p> <p>Demonstrate sports'person'ship skills.</p> <p>Apply a range of FMS in a game situation 5v2.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.</p>	<p><b><u>Team Games</u></b></p> <p>Participate in a team game that develops defending such as marking to play a game with some success.</p>

						<p>Understand the importance of rules and be able to follow them in simple games.</p> <p>Master the term 'defending' independently.</p>
<b>6</b>	<p><b>* Yoga</b></p> <p>Explore yoga and mindfulness.</p>	<p><b>Ball Skills</b></p> <p>Apply a range of FMS in combination confidently.</p>	<p><b>Gymnastics</b></p> <p>Demonstrate the ability to copy and remember actions linking two or more actions to make a sequence independently.</p> <p>Move with control and awareness of space.</p>	<p><b>Small Team Games</b></p> <p>Manage own feelings and behaviour.</p> <p>Apply a range of FMS in a game situation 4v4.</p>	<p><b>Dance- animals</b></p> <p>Could link to a story.</p> <p>Respond to the music and improvise/imitate a range of movements/positions focusing on animal actions.</p>	<p><b>* Athletics</b></p> <p>Develop the skill of running at different speeds along different pathways e.g.- straight or curved lines.</p> <p>Develop spatial awareness in negotiating obstacles.</p>
<b>7</b>	<p><b>Yoga</b></p> <p>Copy and repeat yoga poses thinking about my breath.</p>	<p><b>Ball Skills</b></p> <p>Further develop hand to eye coordination through dribbling.</p>	<p><b>Gymnastics</b></p> <p>Develop travelling by rolling forwards, backwards and sideways with an emphasis on accuracy.</p>	<p><b>Small Team Games</b></p> <p>Develop an understanding of simple rules and tactics to apply in competitive team games.</p>	<p><b>Dance- animals</b></p> <p>Develop coordination through copying a short sequence.</p> <p>Improve musicality/rhythm by</p>	<p><b>Athletics</b></p> <p>Continue to explore different types of jumps with coordination including jumping for height.</p>

	Demonstrate clear shapes when performing poses.		Work in pairs cooperatively varying actions and movements.  Demonstrate gymnastic shapes and movements with a partner using mirroring.	Apply a range of FMS in a game situation.	dancing in time with the music.	Apply different take offs to different jumping activities. (1 foot to 2 feet and 2 feet to 2 feet jumps).  Begin to link a variety of jumps together.
<b>8</b>	<b><u>Yoga</u></b>  Further develop an awareness of strength and flexibility when completing yoga poses.	<b><u>Ball Skills</u></b>  Further develop hand to eye coordination through exploring bounce passes.	<b><u>Gymnastics</u></b>  Develop the use of stretches and curl to develop flexibility.  To confidently demonstrate balancing on different points of the body.	<b><u>Small Team Games</u></b>  Focus, concentration and attention spans are maintained during games and activities.  Apply a range of FMS in a game situation.	<b><u>Dance- animals</u></b>  Copy and repeat basic actions, including a starting and finishing position increasing movement memory.	<b><u>Athletics</u></b>  Continue to explore different types of jumps with coordination including jumping for distance.  Begin to make jumping sequences.  Practise the skill of turn taking.
<b>9</b>	<b><u>Yoga</u></b>  Move from one pose to another thinking about my breath.	<b><u>Ball Skills</u></b>  Further develop hand to eye coordination through exploring	<b><u>Gymnastics</u></b>  Continue to demonstrate an awareness of safety when using climbing equipment.	<b><u>Small Team Games</u></b>  Manages and regulates emotions in a controlled and positive way.	<b><u>Dance- animals</u></b>  Rehearse in small groups demonstrating musicality and performing with	<b><u>Athletics</u></b>  Develop throwing in a coordinated way for distance with some force using different resources.

	Describe how the body feels during exercise.	different passes.	To jump in a variety of ways and land with control and balance.  To demonstrate contrasts (such as small/tall, straight/curved and wide/narrow).	To lead a team game.	increased expression.	Practise the skill of turn taking.
<b>10</b>	<b><u>Yoga</u></b>  Work with a partner to create a simple flow showing some control.	<b><u>Ball Skills</u></b>  Further develop kicking and striking while dribbling with precision.	<b><u>Gymnastics</u></b>  Complete a routine in unison using 2/3 different shapes and movements in pairs.	<b><u>Small Team Games</u></b>  To lead a team game or understand the role of a team captain.	<b><u>Dance- animals</u></b>  Perform for their peers showing an awareness of an audience.  Describe personal strengths and areas for improvement in their own performance.	<b><u>Athletics</u></b>  Develop throwing underarm for accuracy towards a given target using different resources.  Describe different types of throws.

(FMS) Fundamental Movement Skills  
(PB) Personal Best

### **Year 2 Swimming**

Swimming in Year 2 may be added depending on pool availability and will replace the outdoor PE slot. Please see \*this indicates that these sessions must be taught in order to cover the National Curriculum requirements.

- **Autumn-** FMS and yoga.
- **Spring-** Dance and small team games.
- **Summer-** Health related Fitness and athletics.

**All children should-**

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying/handling equipment safely etc.
- Know that exercise makes their heart beat faster, they begin to sweat and breathe harder.
- Know that to stay hydrated they need to drink at least 6 cups of water.
- Work cooperatively as part of a team, managing their feelings and behaviour in order to become a good sportsperson.
- Be taught how to share resources and equipment.
- Know how to work as part of a team managing their own feelings and behaviour.
- Develop resilience and a growth mindset.