

Year 2 PE Long Term Plan

	Autumn 1	Autumn 1	Autumn 2	Autumn 2	Spring 1	Spring 1
Topic	Gymnastics	Dance	Gymnastics	Ball skills	Target Games	Athletics
Week 1	Lesson 1: to perform gymnastic shapes and link them together	Lesson 1: to remember, repeat link actions to tell the story of my dance	Lesson 7: to demonstrate different shapes, take-off and landing when performing jumps	Lesson 1: to develop rolling a ball to hit a target	Lesson 1: to consider how much power to apply when aiming at a target	Lesson 1: to develop the sprinting action
Week 2	Lesson 2: to perform gymnastics shapes with control and link them together	Lesson 2: to develop an understanding of dynamics and how they can show an idea	Lesson 8: to develop different shapes, take-off and landing when performing jumps	Lesson 2: to stop a rolling ball	Lesson 2: to understand how to score using overarm and underarm throwing	Lesson 2: to develop jumping for distance
Week 3	Lesson 3: to use shapes to create balances	Lesson 3: use counts of 8 to help you stay in time to the music	Lesson 9: to develop rolling and sequence building	Lesson 3: to dribble a ball with your feet	Lesson 3: to develop striking to a target	Lesson 3: to develop technique when jumping for height
Week 4	Lesson 4: to use shapes to create balances	Lesson 4: to copy, remember and repeat actions using facial expressions to show different characters	Lesson 10: to develop rolls and use them in a sequence	Lesson 4: to develop kicking a ball	Lesson 4: to develop hitting a moving target	Lesson 4: to develop throwing for distance
Week 5	Lesson 5: to link travelling actions and balances using apparatus	Lesson 5: to explore pathways and levels	Lesson 11: to create a sequence using apparatus	Lesson 5: to develop throwing and catching	Lesson 5: to select and apply the appropriate skill to the target game	Lesson 5: to develop throwing for accuracy
Week 6	Lesson 6: to develop travelling actions and balances using apparatus	Lesson 6: to remember and rehearse our circus dance showing expression and character	Lesson 12: to create a sequence using apparatus	Lesson 6 :to develop dribbling a ball with your hands	Lesson 6: to show an improvement in my personal best	Lesson 6: to select and apply knowledge and technique in an athletics carousel

	Spring 2	Spring 2	Summer 1	Summer 1	Summer 2	Summer 2
Topic	Fundamentals	Send and Receive	Striking and Fielding	Net and Wall games	Invasion Games	Sports Day
Week 1	Lesson 1: to explore how the body moves differently when running at different speeds	Lesson 1: to roll a ball towards a target	Lesson1: to track a rolling ball and collect it	Lesson 1: to use the ready position to defend space on court	Lesson 1: to understand what being in possession means and support a teammate to do this	Lesson 1: to practise Sports Day events
Week 2	Lesson 2: to explore changing direction and dodging	Lesson 2: to track and receive a rolling ball	Lesson 2: to develop underarm throwing and catching to field a ball	Lesson 2:to develop returning a ball with hands	Lesson 2: to understand that scoring goals is an attacking skill and explore ways to do this	Lesson 2: to practise Sports Day events
Week 3	Lesson 3: to develop balance ,stability and landing safely	Lesson 3: to send and receive a ball with your feet	Lesson 3: to develop overarm throwing to limit a batter's score	Lesson 3: to play against a partner	Lesson 3: to understand that stopping goals is a defending skill and explore ways to do this	Lesson 3: to practise Sports Day events
Week 4	Lesson 4: to explore and develop jumping, hopping and skipping actions	Lesson 4: to develop catching skills	Lesson 4: to develop hitting for distance to score more points	Lesson 4 ; to develop racket skills and use them to return a ball	Lesson 4: to explore how to gain possession	Lesson 4: Rounders
Week 5	Lesson 5: to explore co-ordination and combination jumps	Lesson 5: to develop throwing and catching skills	Lesson 5: to be able to get a batter out	Lesson 5: to develop returning a ball using a racket	Lesson 5: to mark an opponent and understand this is a defending skill	Lesson 5: Benchball
Week 6	Lesson 6: to explore combination jumping and skipping in an individual rope	Lesson 6: to send and receive a ball using a racket	Lesson 6: to understand the rules of the game and use these to play fairly	Lesson 6 :to play against an opponent using a racket	Lesson 6: to apply simple tactics for attacking and defending	Lesson 6: Rounders