



## Physical Education at Great Wheltenham C of E Primary School

### Robins Class Year Two and Year Three

Title	Gymnastics
Overview	The aim of this unit is for pupils to improve their control and co-ordination through a range of gymnastic actions and sequences. They will learn to roll in different ways, including forward rolls. They will learn to jump from a springboard with control and begin to practice the skills needed to do a handstand. They will learn to move with greater agility and co-ordination. Children will learn to link actions to copy and create movement sequences which they perform to each other, evaluate and improve upon.
Knowledge Acquisition	By the end of this unit, the children will be able to egg, log, teddy bear and forward roll from a crouched position. The children will move from one roll into another roll and finish by standing. They will know how to balance on their hands and feet and move at different levels. They will be able to copy and create movement sequences with a clear start and finish. They will be able to balance in a shape with a partner. They will know how to move with agility, balance and co-ordination. They will be able to evaluate their own and others work to improve.
Vocabulary	Sequence, flow, turning, twisting, directions, balance, shapes, movement, copy, remember, repeat, explore, control, co-ordination, link.
Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to move and balance with agility and co-ordination.</li> <li>➤ To be able to roll with co-ordination and control.</li> <li>➤ To be able to move smoothly from a balance to a travelling movement in a controlled way.</li> <li>➤ To practice sequences of movements to improve the quality of actions and transitions.</li> </ul>
Suggested Learning experiences	<ul style="list-style-type: none"> <li>➤ Balancing on 1 foot: 1 hand, 1 foot: 2 hands, 2 feet: 1 hand, 2 feet: 2 hands.</li> <li>➤ Practicing a variety of rolls individually and in pairs.</li> <li>➤ Practicing a range of jumps on mats and apparatus.</li> <li>➤ In pairs creating a sequence with a start, balance, movement and finish.</li> <li>➤ Create gymnastic sequences on mats and apparatus.</li> <li>➤ Record sequences, evaluate and identify improvements to be made.</li> </ul>

Title	Fundamentals and Fitness
Overview	The aim of this unit is for pupils to improve their control, co-ordination and fitness. They will take part in a range of activities independently, with a partner and in groups to improve their skills in running, hopping, jumping and skipping.
Knowledge Acquisition	By the end of this unit, the children will be able to describe how their bodies feel during exercise. They can show hopping and jumping movements with balance and control. They can persevere to be

	successful with new challenges. They are able to show determination to work over longer periods of time. They understand that running at a slower speed will allow them to run for longer periods of time. They know how to improve their sprinting techniques. They know how to work with others to turn a rope and encourage others to jump at the right time. They recognise there are different areas of fitness.
Vocabulary	Agility, balance, co-ordination, power, speed, stamina, skipping, taking turns, encourage, support, determination, perseverance, challenge, observing, feedback
Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to move and balance with agility and co-ordination.</li> <li>➤ To be able to roll with co-ordination and control.</li> <li>➤ To be able to move smoothly from a balance to a travelling movement in a controlled way.</li> <li>➤ To practice sequences of movements to improve the quality of actions and transitions.</li> </ul>
Suggested Learning experiences	<ul style="list-style-type: none"> <li>➤ Share with others how their bodies feel at the end of an activity.</li> <li>➤ Play games improving hopping and jumping skills.</li> <li>➤ Work with a partner to help improve each other's sprinting techniques.</li> <li>➤ Play a range of skipping games independently, with a partner and in a group.</li> <li>➤ Give feedback to others on their improving fitness skills.</li> </ul>

Title	Dance
Overview	The aim of this unit is for pupils to create, perform and share short dances based on well-known stories. Within each lesson pupils will create dances with a clear start and finish, using a range of shapes and actions to create the stories in sequence.
Knowledge Acquisition	By the end of this unit, they will know how to create a range of movements in time to the music. They will know how to link several movements together. They will be able to create imaginative movements in response to stimuli. They will be able to improvise movements through exploring dynamics, actions, directions and different levels. They will know how to compose and perform short dances to express ideas and moods. They will remember and repeat short dance phrases for a performance.
Vocabulary	Move, travel, turn, smooth, backwards, forwards, sideways, rising, sinking, tall, straight, curving, twisted, stimulus, beginning, middle, end, sequence, copy, remember, repeat, link, control, explore, co-ordination, describe, evaluate
Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to link several movements together with control and co-ordination.</li> <li>➤ To create dance phrases and short dances in response to stimuli.</li> <li>➤ To compose and perform short dances to express ideas, moods and feelings.</li> <li>➤ To be able to evaluate and describe what makes a good dance.</li> </ul>
Suggested Learning experiences	<ul style="list-style-type: none"> <li>➤ Follow instructions to create dance sequences and movement in response to known stories.</li> <li>➤ Links to English/Geography topic.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Explore own dance movements in groups creating own improvisations.</li> <li>➤ Create dance stories linked to Geography/English topics.</li> <li>➤ Perform dance sequences to Reception and Key Stage 1.</li> <li>➤ Record video dance performances for the school community.</li> <li>➤ Hold 'Robins Got Talent' style dance competition.</li> </ul>
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Title	Team Games
Overview	Within this unit of work pupils will develop co-ordination skills in rolling, throwing and catching a ball and other equipment. They will become familiar with the roll of attackers and defenders and using a variety of tactics to score points. They will take part in invasion games working as part of a team to follow the rules in order to score points.
Knowledge Acquisition	By the end of this unit, the children will be able to pass a ball accurately to a partner from different distances. The children will be able to travel with a ball using control. The children will know how to use skills to help them keep possession and control of the ball. The children will choose and use good throwing skills to make the game challenging for opponents. The children will show good awareness of others in running, chasing and avoiding games. The children will show understanding of simple tactics in team games. The children will know where to stand when receiving and passing a ball.
Vocabulary	Throwing, catching, rolling, bouncing, controlling, passing, defending, attacking, scoring, improving, accurately, aiming, keeping possession, tactics, vary skills, safety, describing.
Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to throw and catch a ball with improving accuracy.</li> <li>➤ To be able to travel with a ball showing good control.</li> <li>➤ To be able to practice skills for attacking and defending.</li> <li>➤ To practice skills in receiving and passing a ball with accuracy whilst on the move.</li> </ul>
Key Learning experiences	<ul style="list-style-type: none"> <li>➤ Timed activities ie. Who can throw and catch the ball without dropping it for 1 minute? Who can bounce the ball 10 times the quickest?</li> <li>➤ Circuit activities improving skills in throwing and catching.</li> <li>➤ Team games developing basic skills scoring points for houses.</li> <li>➤ 3 v 1 invasion games scoring points</li> <li>➤ Round Robin events scoring house points – piggy in the middle, dodgeball, mini-netball/basketball.</li> </ul>

Title	Athletics
Overview	The aim of this unit is for pupils to take part in a range of athletic activities which will help pupils to become increasingly competent and confident through agility, balance and co-ordination. They will continue to reinforce movements and skills in running, jumping, throwing and catching. This will support pupils in taking part in an annual school Sports Day.
Knowledge Acquisition	By the end of this unit, they will know how to move at different speeds. They will know the difference between sprinting and running. They will be able to change direction through a variety of movements. They will

	be able to run, jump and throw with improving accuracy. They will know how to throw with some accuracy and power into a target. They will know when to run and jump to complete activities. They will be able to select which throwing technique to use for accuracy and distance. They will be able to take on differing roles within a team.
Vocabulary	Run, jump, throw, catch, pass, hop, skip, speed, direction, movement, run, sprint, jog, target, accuracy, distance, control, balance, agility, co-ordination.
Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to change their speed and direction through a variety of running activities.</li> <li>➤ To be able to use sprinting and running appropriately through athletic activities.</li> <li>➤ To develop accuracy in running, jumping and throwing.</li> <li>➤ To be able to make choices when running, jumping and throwing for accuracy and distance.</li> <li>➤ To be able to throw with accuracy and power towards a target.</li> <li>➤ To be able to choose appropriate roles within a team situation.</li> </ul>
Suggested Learning experiences	<ul style="list-style-type: none"> <li>➤ Running races of varying distances.</li> <li>➤ Javelin throwing activities.</li> <li>➤ Long jump/high jump circuits.</li> <li>➤ Relay races, obstacle races.</li> <li>➤ Taking part in inter-house sports day activities.</li> </ul>

Title	Competitive Games
Overview	The aim of this unit is for pupils to take part in a range of competitive games which include striking, fielding and net games, such as, tennis, rounder's and cricket. They will have opportunities to develop skills in throwing, catching and hitting and develop tactics in attacking and defending. They will develop skills in working as part of a team, taking on different roles to become team players!
Knowledge Acquisition	By the end of this unit, they will know how to pass a ball accurately to a partner over a net and over varying distances. They will be able to bounce a ball showing control through net and wall games. They will know how to perform a range of rolling, throwing, striking, kicking and catching skills with improving control. They will know how to perform the basic skills needed for competitive skills. They will know the rules of games and follow the rules with increasing confidence. They will be able to take on roles within a variety of competitive team games.
Vocabulary	Throwing, catching, batting, striking, fielding, aiming, direction, controlling, hitting, feed, opponent, possession, scoring goals, target, pass/send, receive, making space, accuracy, tactics, improve performance.

Key Learning Objectives	<ul style="list-style-type: none"> <li>➤ To be able to control a ball with accuracy in order to pass and rally through competitive games.</li> <li>➤ To be able to roll, throw, strike, kick and catch with confidence.</li> <li>➤ To use a range of skills to help keep possession and control of the ball.</li> <li>➤ To choose and use tactics to support their team members within different team games.</li> <li>➤ To play a simple rallying game in pairs and in small groups to score points.</li> <li>➤ To use batting and throwing skills to make a game challenging for opponents.</li> </ul>
Suggested Learning experiences	<ul style="list-style-type: none"> <li>➤ Take part in a range of striking and fielding games – dodgeball, rounder's, scatter ball rounder's, kwik cricket, beanbag tennis, tennis,</li> <li>➤ Small competitive team games – 3 v 1, 3 v 2, 4 v 2</li> <li>➤ Inter-house team game activity afternoon</li> </ul>