

Year 2 PE outcomes

Henham and Ugley
Primary and Nursery School

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Dance

Copy and explore movement patterns.

I can copy movements then change them in a way I have made up.

Respond imaginatively, choosing actions to match a variety of sounds and music.

I can use my imagination to think of new movements to match what I hear.

Perform movements in time with sounds and music.

I can move in time to sounds and music.

Learn simple sequences with precision.

I can learn a dance and do it exactly the way I was shown.

Create and perform simple movements in order.

I can make up a dance and perform it in the order I thought of.

Collaborate successfully with others to perform a group sequence.

I can make up a dance sequence and perform it in a group.

Games

Develop tactics for scoring, stopping, passing and travelling.

I can think of ways to play a game successfully.

Develop tactics for attacking and defending in the context of a team game.

I can think of ways to score and ways to stop my opponent scoring.

Participate in team games.

I can take part in games in a team.

Evaluating Performance

Identify improvement and successes in a range of increasingly challenging activities.

I can explain how to improve and how I know I have improved in challenging activities.

Basic skills: zig zag through cones; hop in a straight line on same foot; jump for a distance controlling the landing; catch a small ball; throw a small ball overarm using correct technique

Gymnastics

Master basic actions with control and co-ordination, including taking off and landing, balance and rolling.

I can carry out different movements with great organisation and control.

Make effective use of space around them.

I can use the space around me in the best way possible.

Create short movement phrases with a beginning, middle and ending.

I can put together a sequence with a beginning, middle and an end.

Demonstrate contrasts in direction, level and speed of movement.

I can demonstrate movements using different directions, levels and speeds.

Collaborate successfully with others to perform a group sequence.

I can work with my group to move using a sequence.

Athletics

Master basic movements including running, jumping, throwing and catching.

I can run, jump, throw and catch using the best ways I have been shown.

Perform basic techniques for running, jumping, throwing and catching as appropriate for activities (eg running race, target throwing, jumping over an obstacle).

I can run, jump, throw and catch in the best way to take part in an activity.

Swimming

Swim with confidence.

I can swim confidently.

Swim on both front and back.

I can swim on my front and on my back.

Understand how to stay safe in and around water.

I can explain how to stay safe around water.