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| Year Group: 2 | Gymnastics | Dance | Ball skills | Throwing and catching | Athletics |  |
|  | • To remember and repeat simple gymnastic actions with control.  • To balance on isolated parts of the body using the floor and hold balance.  • To develop a range of gymnastic moves, particularly balancing.  • To link together a number of gymnastic actions into a sequence.  • To explore ways of travelling around on large apparatus.  • To choose and use a variety of gymnastic actions to make a sequence. | • To explore different levels and speeds of movement.  • To compose and perform simple dance phrases.  • To show contrasts in simple dances with good body shape and position.  • To develop a range of dance movements and improve timing.  • To work to music, creating movements that show rhythm and control.  • To work to music, creating movements that show rhythm and control. | • To use hand-eye co- ordination to control a ball.  • To catch a variety of objects.  • To vary types of throw. • To kick and move with a ball.  • To develop catching and dribbling skills.  • To use ball skills in a mini festival. | . • To learn skills for playing striking and fielding games.  • To position the body to strike a ball.  • To develop catching skills.  • To throw a ball for distance.  • To practise throwing skills in a circuit.  • To play a game fairly and in a sporting manner.  • To use fielding skills to play a game. | • To run with agility and confidence.  • To learn the best jumping techniques for distance.  • To throw different objects in a variety of ways.  • To hurdle an obstacle and maintain effective running style.  • To run for distance.  • To complete an obstacle course with control and agility. |  |