



Subject: PE Topic: Multi-skills Year Group: Year 2

What I should already know:

- To perform balances using different body parts
- To run using good technique
- To move in and out of different obstacles using different directions in a controlled way
- To aim, stop and guide an object
- To change direction quickly and with control

Vocabulary:

Agility, balance, coordination, movement pattern, link, support, base, accuracy, travel, hopscotch, timing, guide, target, rotate, speed, attack, defend, copy, direction, pathway, twist, turn, rock, roll, tuck, spin, level, play fairly, zig-zag.

What I will know by the end of the unit:

- To understand how to balance and how balance can be lost
- To move my body in a variety of ways inc. twisting and turning
- To know how to throw a ball at the right strength and speed for the activity
- To be able to copy a partner and repeat actions/balances
- To change speed and direction

Activities I can take part in to achieve my objectives:

- Balance games
- Ladder and cone activities
- Agility and running activities
- Target and aim games
- Twist and turn activities