

**PE Long Term Grid Year 2**

**Autumn Term**

**Spring Term**

**Summer Term**

**WEEKS 1-6**

**Games**

- To be confident and safe in the spaces used to play games
- To improve the way they coordinate and control their bodies using a range of equipment
- To recognise good quality in performance
- To choose, use and vary simple tactics
- To remember, repeat and link combinations of skills

**Dance**

- To explore movement ideas and respond imaginatively to stimuli
- To explore, remember, repeat and link a range of actions and coordination
- To move confidently and safely in their own and general space, using changes of speed, level and direction.
- To explore, remember, repeat and link a range of actions with a partner
- To perform a movement phrases using a range of body actions and body parts.
- To compose and perform dance phrases and short dances that express and communicate moods, and feelings, choosing and varying simple compositional ideas.

**Athletics**

- To use equipment to help me achieve my goal
- To recognise and describe what their bodies feel like during different types of activity.
- To combine jumps showing control.
- To perform different types of jump.
- To adapt throwing for accuracy and distance
- To understand the difference between running at speed and jogging.

**WEEKS 7-12**

**Gymnastics**

- To remember, repeat and link combinations of gymnastic actions
- To choose, use and vary compositional ideas in the sequence they create and perform
- To remember, repeat and link combinations of gymnastic actions, body shapes, and balances with control and precision
- How to do a forward roll
- To choose, use and vary simple

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