

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

PE Long Term Grid Year 2		
Autumn Term	Spring Term	Summer Term
<b>WEEKS 1-3</b>		
<p><b>Physical- FUNS 10</b>                      I can skip with high elbows and high knees                      I can combine side steps and reverse pivots.                      I can combine side steps with front pivots.                      I can hopscotch                      I can hop scotch alternate feet forwards and backwards</p> <p><b>Personal</b>                      I know where I am with my learning and I have begun to challenge myself (level 3)                      I try several times if at first I don't succeed and I ask for help when appropriate (level 2).                      I can follow instructions, practice safely and work on simple tasks by myself (level 1)</p>	<p><b>Physical- FUNS 5</b>                      I can walk forwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg.                      I can walk backwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg.                      I can perform the above challenges with arms going 'hips to lips'</p> <p><b>Cognitive</b>                      I can explain what I am doing well and I have begun to identify areas for improvement (Level 3).                      I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is performing well (level 2).                      I can understand and follow simple rules and can name some things I am good at (level 1).</p>	<p><b>Physical- FUNS 8</b>                      I can catch a tennis ball with the same hand off one bounce 3-5 meters away from a wall.                      As above without a bounce.                      As above but catch with opposite hand.                      I can throw a tennis ball with one hand and catch the rebound with the other hand with and without a bounce.                      I can strike a large soft ball along the ground with the same hand 5 times in a rally                      As above with alternate hand strike</p> <p><b>Applying Physical skills.</b>                      I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (level 3).                      I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2).                      I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1).</p>
<b>WEEKS 4-6</b>		
<p><b>Physical- FUNS 1</b>                      I can balance on either leg for 30 seconds.                      I can do 5 mini squats on either leg.                      I can balance for 30 seconds on either leg with eyes</p>	<p><b>Physical- FUNS 4</b>                      I can stand on a low beam with 2 feet facing forwards and hold for 10 seconds.</p>	<p><b>Physical- FUNS 12</b>                      I can react and catch a tennis after 1 bounce from 1 and 2 meters.</p>

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

<p>closed. Personal I can do 5 90 degree squats on either leg. <b>Personal</b> I know where I am with my learning and I have begun to challenge myself (level 3) I try several times if at first I don't succeed and I ask for help when appropriate (level 2). I can follow instructions, practice safely and work on simple tasks by myself (level 1)</p>	<p>I can stand on a low beam with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force.  I can stand on a line with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force. <b>Cognitive</b> I can explain what I am doing well and I have begun to identify areas for improvement (Level 3). I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is performing well (level 2). I can understand and follow simple rules and can name some things I am good at (level 1).</p>	<p>As Green but catch and balance on one leg.  <b>Applying Physical skills.</b> I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency (level 3). I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (Level 2). I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1).</p>
---	--	--

WEEKS 7-9

<p><b>Physical- FUNS 6</b> I can jump 2 feet to 2 feet with a quarter turn in all directions. I can jump 2 feet to 1 foot and freeze on landing. I can jump 2 to 2 feet with a 180 degree turn in one direction. <b>Social</b> I show patience and support others, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3). I can praise and encourage others in their learning (Level 2). I can work sensibly with others, taking turns and sharing (Level 1).</p>	<p><b>Physical- FUNS 9</b> I can roll a ball up and round my body standing or sitting with 1 hand in contact. I can transfer the ball from one hand to the other where appropriate. I can take the ball around 1 leg (standing with legs apart).  <b>Creative</b> I can make my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3) I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (level 2). I can explore and describe different movements (Level 1).</p>	<p><b>Physical- FUNS 11</b> I can roll a ball (self-feed) chase it and collect it in a balance position facing the opposite direction from a seated or lying position.  I can do the above with a bouncing feed (self-feed). I can do the above with my partner rolling the ball.  Move to red if pupils need it  <b>Health and Fitness</b> I can describe how and why my body feels during exercise. I can explain why we need to warm up and cool down (Level 3) I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2).</p>
--	---	---

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

		I am aware of why exercise is important and good for my health (level 1).
<b>WEEKS 10-12</b>		
<p><b>Physical- FUNS 2</b></p> <p>I can pick up a beanbag on one side, swap hands and pass to the other side.</p> <p>I can pick up a beanbag on one side, and place on the other side using the same hand</p> <p>I can do the above with my eyes closed.</p> <p><b>Social</b></p> <p>I show patience and support others, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3).</p> <p>I can praise and encourage others in their learning (Level 2).</p> <p>I can work sensibly with others, taking turns and sharing (Level 1).</p>	<p><b>Physical- FUNS 7</b></p> <p>I can stand holding my partner with two hands (hold wrists), then one hand and lean back with a long base for my feet.</p> <p>I can stand with a long base and lean back while holding both hands then just 1.</p> <p>I can stand with a short base (toes touching), lean back while holding with both hands, hold the balance and then move back together.</p> <p><b>Creative</b></p> <p>I can make my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression (Level 3)</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme (level 2).</p> <p>I can explore and describe different movements (Level 1).</p>	<p><b>Physical- FUNS 3</b></p> <p>I can hold a front support position and place a cone on my back with one hand and take off with the other.</p> <p>I can do the above with back support (knees bent).</p> <p>As above with full front support</p> <p><b>Health and Fitness</b></p> <p>I can describe how and why my body feels during exercise. I can explain why we need to warm up and cool down (Level 3)</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2).</p> <p>I am aware of why exercise is important and good for my health (level 1).</p>