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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 2** | **STRAND: Multi-Skills** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -That exercise can make my heart rate faster -That exercise can make my body change, (rosy cheeks, breathless, warmer, sweat) -How to move at different speeds, the difference between, walk, jog, run and sprint -How to catch different size balls -How to get ready to catch a ball -How to roll a ball -How to throw a ball to a partner -How to catch and throw a bean bag -How to hop in a straight line/zig zag line and change direction -How to skip in a straight line/zig zag line and change direction -How to warm up and down and why it’s important  | That the harder I work the faster my heart will pump because my muscles need more oxygen  |
| How to control my breathing when exercising  |
| How to change direction at different speeds |
| How to vary my speed for the distance I need to cover  |
| How to vary my speed for inclines and declines  |
| Show spatial awareness & awareness of others in running, chasing & avoiding games |
| Developed confidence catching a ball with minimal reaction time  |
| How to roll a ball at the right speed to reach a target  |
| How to throw a ball to a partner from varying distances |
| Aim a beanbag accurately to a target  |
| Perform a variety of movements (including hop and skip from year 1) in a straight line, zig zag, changing direction and navigating around obstacles  |
| Develop jumping technique and knowing how to land safely  |
| Show which muscles are being used when carrying out different activities and stretches in the cooldown  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **Vocabulary**  |
| Muscles  | Part of our body that helps us move and gives us strength  |
| Oxygen  | AIr we need  |
| speed | How fast you are moving  |
| Distance  | The length of space you have covered  |
| Incline  | Uphill  |
| Decline  | Downhill  |
| Spatial awareness | Finding space around you to move in  |
| Avoiding  | Moving away from something/someone  |
| Reaction time  | Time it takes to be ready  |
| Navigating  | Finding a way  |
| Obstacles  | Things that might stop us  |
| Stretches  | Gently moving muscles  |

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| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Investigate!** |
|  | -Explore different breathing techniques that can help us when we are out of breath-Discuss when being out of breath is good/bad. What makes us out of breath?-Play games that involve running at speeds, in different directions and space finding (e.g. tag, stuck in the mud, bulldog) Corkscrew tag <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703905/Cork-screw-tag.pdf> Pirate’s Gold <https://www.sportaus.gov.au/__data/assets/pdf_file/0008/703979/Pirates-gold.pdf> -Have a go at relay running up and down hill -Once ball skills have been practised, develop the skills through team games such as bench ball and dodgeball -Create obstacle course that involves all skills learnt over the unit  |