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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 |