

Year 2 PE Subject Map

Autumn Term 1 Outdoor Fitness		
Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To perform a variety of fundamental movement and sport skills ● To work in a small group to create a game. 	Animal antics warm up, animal word tennis game. Children move around a variety of stations (throwing, catching, aiming, jumping, galloping, running) requiring fundamental movement skills and co-ordination.
Lesson 2	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To change direction quickly with control ● To move quickly around a space and avoid bumping into anyone. 	Animal antics warm up. Children move around a variety of agility based stations, focused on changing direction and communication. Play Sunshine and Frost tag game in groups.
Lesson 3	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To name different ways of moving ● To work with a partner 	Animal antics warm up. Play Mr MacGregor's Garden game in groups. Play Active Word Tennis, choosing way to move continuously on spot whilst naming fruits and vegetables, then swapping on 'change'.
Lesson 4	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To perform activities to improve leg and arm strength ● To listen carefully to instructions 	Going for Gold warm up. 'Training for the Olympics' – moving around in variety of given ways focusing on arms and legs. Practice variety of fun movements representing different countries.
Lesson 5	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To create exercises linked to a sporting theme ● To name different parts of the body that are being used when exercising 	Going for Gold warm up. Using children's ideas to create a fitness exercise to imitate movement linked to variety of sports. Children use to form an exercise sequence. Play Off to the Olympics game, focusing on which areas of the body we are exercising.
Lesson 6	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To say what happens to the heart when we exercise ● To learn a game to keep active 	Going for Gold warm up. Play Dice game with variety of activities on faces of the die. Children to check heartbeat and describe what is happening. Play Heart Heroes, thinking of and performing actions they do each day that raise their heartbeat.

Autumn Term 1
ABC Physical literacy – Fun at the Zoo

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to run and change directions quickly with control 	Going to the Zoo warm up. Animal Exercises activity in groups, moving in a variety of ways and changing direction. Play Zookeeper game where children have to change direction to avoid being caught. Zany Zoo Animals activity – developing a running pattern around obstacles in groups.
Lesson 2	<ul style="list-style-type: none"> ● To be able to jump for distance with control 	Going to the Zoo warm up. Kool Kangas activity in groups, practicing different ways of jumping. With partner take turns to perform two footed jump over distance. Can children help each other to improve their technique?
Lesson 3	<ul style="list-style-type: none"> ● To be able to hop in different directions with control 	Going to the Zoo warm up. Hopping Mad activity in pairs, using both feet to hop in different directions. Can children develop their own hopping game? Play Hopscotch in pairs.
Lesson 4	<ul style="list-style-type: none"> ● To gallop in different directions at speed 	Going to the Zoo warm up. Horse Riding activity in pairs, galloping at different speeds and directions. Zealous Zebras activity in pairs, using preferred foot to gallop forwards and sideways.
Lesson 5	<ul style="list-style-type: none"> ● To skip with a rope 	Going to the Zoo warm up. Skillful Skippers activity, skipping without ropes to/from and in/out of cones. Start skipping with a rope, stationary first, then moving if children can. Skip around space (with or without rope) to Fun at the Zoo rhyme.
Lesson 6	<ul style="list-style-type: none"> ● To gain power to get height in jump 	Going to the Zoo warm up. Kanga Combos and Panicking Penguins activities to practice variety of jumps. Jumping challenge in pairs, jumping for height.
Lesson 7	<ul style="list-style-type: none"> ● To challenge & improve skills 	Going to the Zoo warm up. Animal Challenge in pairs requiring children to perform a variety of fundamental movement skills with control. Play Zany Zebras game, with variety of commands to practice galloping, leaping, jumping with control.

**Autumn Term 2
Invaders**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to change direction at speed with control 	Peter Pan's Pirates warm up. Play Treasure game in pairs, stealing, hiding, moving the 'treasure' to practice changing direction at speed. In pairs develop own game with rules and scoring whilst staying safe.
Lesson 2	<ul style="list-style-type: none"> To be able to move a ball with hands on the move 	Peter Pan's Pirates warm up. Beat the Pirate task in pairs, rolling ball to score past partner. Moving Treasure activity practicing bouncing ball to self, 2 hands, then 1, first standing still, then moving. Shadow partner, then bounce ball to each other. Treasure Chest activity in groups, children dribbling and rolling ball to each other to avoid other children.
Lesson 3	<ul style="list-style-type: none"> To pass the ball with 2 hands to a partner 	Peter Pan's Pirates warm up. Throwing investigation – how best to pass the ball to partner, developing skills. Play Hide the Treasure game, chest passing ball to each other and collecting treasure for 5 passes.
Lesson 4	<ul style="list-style-type: none"> To control a moving ball with dominant foot 	Peter Pan's Pirates warm up. Play "Peter Pan says.." to practice dribbling forwards, backwards, sideways with foot, putting different body parts on the ball. Compete to dribble ball down line of cones, in and out if able to.
Lesson 5	<ul style="list-style-type: none"> To move a ball towards a target with control 	Peter Pan's Pirates warm up. Play Treasure Time in pairs with ball, dribbling through cones. Pass ball to partner, swapping partners every 5 passes. Pass ball into goal from different distances.
Lesson 6	<ul style="list-style-type: none"> To be able to control the rugby ball with 2 hands 	Peter Pan's Pirates warm up. Relay run with ball in hands in pairs. Run with ball in hands from one cone to another to score a try, placing ball on cone. Pass ball side to side in pairs, then moving and passing.
Lesson 7	<ul style="list-style-type: none"> To develop a game that improves a skill. 	Peter Pan's Pirates warm up. Develop own game in pairs that improves a skills we have used. Teach others their game in group. Play games and review.
Lesson 8	<ul style="list-style-type: none"> To work with partner to follow rules and score points 	Peter Pan's Pirates warm up. Chase the Pirates and Move the Treasure games, consolidating skills learned. Play team game in groups, passing and intercepting ball (in hands). Score by touching the ball on a cone.

Autumn Term 2
Dance - Superheroes

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To remember and repeat a short motif 	Follow the leader warm up. In pairs consider how superheroes move and as class create and practice different superhero poses. Each group to choose 4 to link together to make a motif. Children change position on command. Hold pose to music and perform motif to Mission Impossible.
Lesson 2	<ul style="list-style-type: none"> To move confidently around the space demonstrating superhero actions 	Follow the leader warm up. Recap last week. Develop ideas for movement of superhero searching for villains, looking high/low/over/under, creep/tiptoe etc. Practice moving in different ways and add this to start of dance and music.
Lesson 3	<ul style="list-style-type: none"> To move from low to high and high to low with control 	Follow the leader warm up. Recap dance so far. Develop ideas for leaping from building to building movements, 1 foot to 1 foot, 1 foot to 2 feet etc. Practice moving in different ways and add this to rest of dance and music.
Lesson 4	<ul style="list-style-type: none"> To gain height in the air and land on either foot 	Follow the leader warm up. Recap dance so far. Develop ideas for escaping movements, climbing ladder, crawling through tunnel etc. Practice moving in different ways and add this to rest of dance and music.
Lesson 5	<ul style="list-style-type: none"> To turn with a partner at different speeds 	Follow the leader warm up. Develop helicopter section of dance, moving around each other and spinning with partner. Add this to rest of dance and music.
Lesson 6	<ul style="list-style-type: none"> To show emotion through facial and whole body gestures 	Follow the leader warm up. Develop mission complete section of dance, focusing on expressing emotion. Add this to rest of dance and music.

**Spring Term 1 & 2
Gymnastics (double unit)**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to link 4 shapes smoothly 	Lego superheroes warm up. Rock, paper, scissors shapes game. Perform all shapes with control using shapes card in pairs. Show 4 superhero shapes to partner in sequence.
Lesson 2	<ul style="list-style-type: none"> To demonstrate a change in speed smoothly linking 3 balances 	Lego superheroes warm up. Perform all balances with control using balances card in pairs. Perform and improve on low apparatus with partner.
Lesson 3	<ul style="list-style-type: none"> To jump for height and perform a shape in the air 	Lego superheroes warm up. Straight and star jumps on floor with target spot to land. Perform jumping bench. Onto/along bench as challenge.
Lesson 4	<ul style="list-style-type: none"> To perform a tuck jump with control 	Lego superheroes warm up. Tuck jump on spot. Pick 1 balance, 1 roll, 2 jumps to link using bench hand floor.
Lesson 5	<ul style="list-style-type: none"> To perform rolls that move in a circular motion 	Lego superheroes warm up. Recap log and egg rolls. Learn straddle roll. Perform skills to prepare for forward rolls. Teacher to support children at appropriate stage for forward rolls.
Lesson 6	<ul style="list-style-type: none"> To transfer weight from hands to feet using the bench 	Lego superheroes warm up. Travel on low apparatus, holding shape or balance and then continuing. Develop sequence - shape, bunny hop along bench, balance, jump off, shape.
Lesson 7	<ul style="list-style-type: none"> To create a sequence on the low apparatus which includes 4 different skills 	Lego superheroes warm up. Variety of apparatus. Explore shapes and jumps. Develop sequence.
Lesson 8	<ul style="list-style-type: none"> To create a sequence on the higher apparatus which includes 4 different skills 	Lego superheroes warm up. Variety of apparatus. Explore balances. Develop sequence, add jump or roll.
Lesson 9	<ul style="list-style-type: none"> Perform one of the core task activities 	Lego superheroes warm up. Create and perform simple 4 element sequence using floor and mats. Clear start/finish.
Lesson 10	<ul style="list-style-type: none"> Perform one of the core task activities 	Lego superheroes warm up. Create and perform simple 4 element sequence using floor and mats. Clear start/finish. Copy partner's sequence.

**Spring Term 1
Indoor Fitness**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To copy & refine a partner's moves 	Fairy Tale Fun warm up. Follow the leader being different fairytale characters. Using fairytale fitness cards children carry out activity for 30 seconds in pairs, swapping and counting for partner.
Lesson 2	<ul style="list-style-type: none"> ● To know what the heart does and what exercises help it 	Fairy Tale Fun warm up. Move like different animals in pairs at variety of stations. Movements include running, hopping, jumping.
Lesson 3	<ul style="list-style-type: none"> ● To perform basic rope skills 	Fairy Tale Fun warm up. Develop skipping skills, then practise jumping over a static, then moving rope.
Lesson 4	<ul style="list-style-type: none"> ● To name muscles being exercised 	Fairy Tale Fun warm up. Use fitness cards to move like different toys. Children carry out activity for 30 seconds in pairs, swapping and counting for partner.
Lesson 5	<ul style="list-style-type: none"> ● To keep moving for 5 minutes 	Fairy Tale Fun warm up. Aerobic movements in time to music, using own floor spot as station, then moving along a line of sports.
Lesson 6	<ul style="list-style-type: none"> ● To perform core exercises safely and with control 	Fairy Tale Fun warm up. Working in pairs on mat, practising and refining core activities. Bean bag balance on different body parts.

Spring Term 2
Dance - Minibeasts

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To use gesture to show caterpillar and butterfly movement actions using different parts of the body 	Simon says warm up game. Represent caterpillar and butterfly with small, then medium, then large movements. Decide start pose and link movements together to create beginning of dance.
Lesson 2	<ul style="list-style-type: none"> To remember and repeat a short motif of 4 actions 	Simon says warm up game. Travel around space in variety of given ways, performing mini beast action on spot when music stops. Use ideas to develop mini best motif to add to dance in groups.
Lesson 3	<ul style="list-style-type: none"> To be able to describe a partners movement and say which mini beast they are moving as 	Simon says warm up game. Develop different minibeast actions moving around space. Perform to partner and refine, changing height. Add own 2 bar sequence to dance.
Lesson 4	<ul style="list-style-type: none"> To copy a partner to create a sequence of 4 mini beast movement actions 	Simon says warm up game. Teach partner their sequence from last week. Practise listening to beat, then add moves together to create this 4 bar sequence.
Lesson 5	<ul style="list-style-type: none"> To use different speeds to travel and turn confidently around the space 	Simon says warm up game. Develop spider movement sequence, setting off a group at a time to move around. Develop catching prey actions, changing height. Move towards partner and finish in space.
Lesson 6	<ul style="list-style-type: none"> To co-operate with a partner and whole class to create the final pose of the dance To remember and perform some of the phrases in the dance 	Simon says warm up game. Develop spider's web section, working and moving as a whole class to make a web. Film and share with children.

Summer Term 1
Physical literacy - Strikers

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to roll & stop a ball with control 	Fairy Tale Fun warm up game. Roll and stop ball with partner, stopping in variety of ways. Play Collect 4 striking/fielding game.
Lesson 2	<ul style="list-style-type: none"> ● To throw underarm with control to a target 	Fairy Tale Fun warm up game Cinderella Clean up task, placing and retrieving ball. Aiming and throwing circuit.
Lesson 3	<ul style="list-style-type: none"> ● To be able to throw a ball underarm to a partner 	Fairy Tale Fun warm up game Throw and catch to partner. Discuss how to progress. Play Collect 4 striking/fielding game.
Lesson 4	<ul style="list-style-type: none"> ● To catch a ball with 2 hands from short distance 	Fairy Tale Fun warm up game Throw and catch ball to self 5 times, moving to new cone and repeat. Play small group game keeping score.
Lesson 5	<ul style="list-style-type: none"> ● To hit/strike a ball with a hand to a partner 	Fairy Tale Fun warm up game Move in variety of ways and control ball with hand from cone. Strike to partner. Leap Frog aiming game in pairs.
Lesson 6	<ul style="list-style-type: none"> ● To hit a ball using a bat/ racket 	Fairy Tale Fun warm up game. Bat ball to partner. Play Collect 4 striking/fielding game.
Lesson 7	<ul style="list-style-type: none"> ● To use a simple scoring system 	Fairy Tale Fun warm up game. Circuit of batting/retrieving/throwing/catching/aiming tasks.
Lesson 8	<ul style="list-style-type: none"> ● To work as a small group to play a game 	Fairy Tale Fun warm up game. Collect 4 striking/fielding game in small groups, keep score and try to beat won score.

Summer Term 2
Physical literacy - Athletics

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to run quickly towards a target 	Athletic Abby says warm up. Follow the leader task in groups, moving in different ways. Moving objects task in pairs, moving fast as they can. Sprinting task in groups.
Lesson 2	<ul style="list-style-type: none"> ● To demonstrate a controlled change of speed when running 	Athletic Abby says warm up. Alternate jogging and walking in task. Jog across space at same pace as a large group. How many strides? Vary speed and stride length.
Lesson 3	<ul style="list-style-type: none"> ● To perform a combination of jumps with control 	Athletic Abby says warm up. Jump using different take off and landing positions. Bouncing Billy jumping challenge. Develop jump sequences in pairs.
Lesson 4	<ul style="list-style-type: none"> ● To demonstrate different ways of leaving floor to gain height 	Athletic Abby says warm up. Run and jump tasks in groups. In pairs, take turn to run and jump over two hurdles, sprinting to end cone. Jumping for height task exploring different ways of jumping to touch targets.
Lesson 5	<ul style="list-style-type: none"> ● To be able to throw objects using different styles to gain distance 	Athletic Abby says warm up. Play small group game to throw forwards. Task to investigate throwing for distance, copying pictures to refine technique.
Lesson 6	<ul style="list-style-type: none"> ● To demonstrate ability to throw an object to a target 	Athletic Abby says warm up. Throwing and catching task in pairs. Throwing circuit with different equipment and targets.
Lesson 7	<ul style="list-style-type: none"> ● To follow instructions to complete an athletics circuit ● To score activities accurately 	Athletic Abby says warm up. Variety of challenges to practise skills. Time and score.

Summer Term 2
Physical literacy - Netters

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to control the ball whilst moving 	Toy Story warm up game. Bounce to partner task. Play Battleships game aiming to sink ship by bouncing ball on target.
Lesson 2	<ul style="list-style-type: none"> To bounce a ball into space 	Toy Story warm up game. Rally with partner, bouncing and catching ball. Play 1v1 game, keeping score.
Lesson 3	<ul style="list-style-type: none"> To be able to move quickly to track/catch a bouncing ball 	Toy Story warm up game. Hand hit ball to partner, trap/catch. Play 1v1 game, keeping score.
Lesson 4	<ul style="list-style-type: none"> To be able to “hand hit” a moving ball towards partner 	Toy Story warm up game. Balance ball on racquets, moving around space. Follow partner. Play floor tennis 1v1 game, stopping ball with racquet or hitting moving ball.
Lesson 5	<ul style="list-style-type: none"> To be able to control a moving ball with a racket (along floor) 	Toy Story warm up game. Develop own game to improve racquet skills, hitting a moving ball. Hit ball to partner off cone. Catch and roll back. Aim to beat own score.
Lesson 6	<ul style="list-style-type: none"> To be able to control a moving ball with a racket(in air) 	Toy Story warm up game. Circuit of aiming, movement and racquet skills activities.
Lesson 7	<ul style="list-style-type: none"> To challenge yourself to improve your tennis skills 	Toy Story warm up game. 1v1 game at appropriate level with hand/racquet. Time matches. Swap partners.