



TSS Primary PE MTP 2022-2023

Year 2

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
Block 1			
Multi-skills	<ul style="list-style-type: none">Pupils will experience working with a variety of equipment and to explore individual skills during play.In all game activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging.Pupils will learn to use space and develop agility and balance skills	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">Agility and RelaysCollecting and throwingCatchingMovement and BalanceChasing and evadingAssessment and recap	<ul style="list-style-type: none">Relayrunningstoppingjumpingchasingdodgingthrowingbalancingfielding
Swimming	<ul style="list-style-type: none">Students will be developing and refine swimming skills gained from Year 1 in line with the Level 2 swimming assessment Criteria.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">Jump in from poolside safely with support (Pencil jump)Submerge face in water & blow bubbles 3 times rhythmicallyFloating on frontFloating on backPush & Glide on front with arms extendedPush & Glide on backTravel on front using floating devicePerform a log roll from back to front and front to back	<ul style="list-style-type: none">Body positionBreathingInhaleExhaleDiveBubblesKickingFloatingFloppy feet
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Athletics & Endurance run	<p>Athletics</p> <ul style="list-style-type: none">In this unit pupils will experience simple modified running, jumping and throwing activities.Pupils will accurately replicate running challenges and competitions that require speed and stamina.In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">50m SprintLong JumpHurdle runBeanbag distance throwTeam relayEndurance Run	<ul style="list-style-type: none">RunningJumpingPushingPullingthrowingstanceaccuracypowerspeed



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	<ul style="list-style-type: none">• Pupils will develop the ability follow rules safely and handle equipment correctly. Endurance run <ul style="list-style-type: none">• Students will focus on developing their basic running technique,• Look at understanding of a three-part race.• Students will improve and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the class.	<ul style="list-style-type: none">• Team Agility course <p>Areas of focus within lessons for endurance run are:</p> <ul style="list-style-type: none">• Running Technique• Basic Pacing• 3-part race• How the body feels• Stamina	<ul style="list-style-type: none">• balance• Pacing• Start• Middle• end• Technique• Stamina• Fitness
Athletics & Endurance run	Athletics <ul style="list-style-type: none">• In this unit pupils will experience simple modified running, jumping and throwing activities.• Pupils will accurately replicate running challenges and competitions that require speed and stamina.• In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance.• Pupils will develop the ability follow rules safely and handle equipment correctly. Endurance run <ul style="list-style-type: none">• Students will focus on developing their basic running technique,• Look at understanding of a three-part race.• Students will improve and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the class.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• 50m Sprint• Long Jump• Hurdle run• Beanbag distance throw• Team relay• Endurance Run• Team Agility course <p>Areas of focus within lessons for endurance run are:</p> <ul style="list-style-type: none">• Running Technique• Basic Pacing• 3-part race• How the body feels• Stamina	<ul style="list-style-type: none">• Running• Jumping• Pushing• Pulling• throwing• stance• accuracy• power• speed• balance• Pacing• Start• Middle• end• Technique• Stamina• Fitness
Block 3			
Striking & fielding	<ul style="list-style-type: none">• Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play.• In all game's activities, pupils will learn core skills relevant to striking and fielding games, including sending, receiving, batting and bowling & chasing.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Throwing and catch basics• Anticipation skills	<ul style="list-style-type: none">• Batting• fielding• bowling• sending• receiving



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	<ul style="list-style-type: none">• Pupils will begin to make use of space and start to think about outwitting an opponent.• Will begin to watch and describe others' performances, as well as their own.• To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.	<ul style="list-style-type: none">• Grip and ready position• Striking skills• Conditioned games	<ul style="list-style-type: none">• throwing• catching• scoring
Target Games	<ul style="list-style-type: none">• Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play.• In all game's activities, pupils will learn core skills relevant to Target games, throwing/kicking/hitting towards a target.• Pupils will learn to score points by reaching different targets.• Will begin to watch and describe others' performances, as well as their own.• To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Throwing/hitting/kicking towards a target• Anticipation skills• Ready position• Aiming• Mixed games	<ul style="list-style-type: none">• Batting• Timing• Rolling• sending• Accuracy• throwing• Aiming• scoring
Block 4			
Multi-skills	<ul style="list-style-type: none">• Pupils will experience working with a variety of equipment and to explore individual skills during play.• In all game's activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging.• Pupils will learn to use space and develop agility and balance skills	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Agility and Relays• Collecting and throwing• Catching• Movement and Balance• Chasing and evading• Assessment and recap	<ul style="list-style-type: none">• Relay• running• stopping• jumping• chasing• dodging• throwing• balancing• fielding
Net & wall games	<ul style="list-style-type: none">• Becoming physically active for sustained periods of time engage in competitive sports and activities• Reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour• Generate and implement ideas, plans and strategies, exploring alternatives	<ul style="list-style-type: none">• Explore basic skills, actions and ideas with increasing understanding. Repeat simple skills and actions with increasing control and coordination.• Ball familiarisation & Ready position• Footwork and movement• Catching & throwing (Volleying and digging)• Game play	<ul style="list-style-type: none">• Stop• Start• Target• sending,• receiving• anticipation



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	<ul style="list-style-type: none">• Move with ease, poise, stability and control in a range of physical contexts• Find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media• Communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.	<ul style="list-style-type: none">• Rules and scoring	<ul style="list-style-type: none">• scoring.• Ready position• Stance• movement• preparation• Teamwork• Communication
Block 5			
Gymnastics	<ul style="list-style-type: none">• Pupils will be introduced to and develop body management skills.• Pupils should explore, replicate, and improve the quality of their actions, body shapes and balances firstly on the floor and then progress to using apparatus.• Pupils will incorporate control and levels into simple sequences by linking movements together.• Pupils will progressively learn how to lift and lay out apparatus safely.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Travelling• Body Shapes• Supporting body weight• Transferring body weight• Body Shape balancing• Sequencing & Routine	<ul style="list-style-type: none">• Flow• Slide• Pull• Roll• Shape• Routine• Turn• stretch• explosive• under• over
Block 6			
Invasion games	<ul style="list-style-type: none">• Pupils will focus on developing game skills with some fluency and accuracy, using a range of throwing and catching techniques.• Pupils will develop a basic understanding of movement, keeping possession of the ball as a team, and getting into space.• To keep and run a basic game using a set of rules.	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none">• Ball familiarisation• Travelling with and without ball• Passing• Space• Rules & Scoring	<ul style="list-style-type: none">• Movement• Control• Space• Tactics• Positioning• Triangles• Rules• Chest Pass• Bounce pass• Target



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Swimming	<ul style="list-style-type: none">• Students will be developing and refine swimming skills gained from Year 1 in line with the Level 2 swimming assessment Criteria.	<ul style="list-style-type: none">• Throughout this unit of work the areas of focus within lessons are:• Jump in from poolside safely with support (Pencil jump)• Submerge face in water & blow bubbles 3 times rhythmically• Floating on front• Floating on back• Push & Glide on front with arms extended• Push & Glide on back• Travel on front using floating device• Perform a log roll from back to front and front to back	<ul style="list-style-type: none">• Body position• Breathing• Inhale• Exhale• Dive• Bubbles• Kicking• Floating• Floppy feet
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