



TSS Primary PE MTP 2023-2024 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 	Throughout this unit of work the areas of focus within lessons are: <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
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. 	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> 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
Block 2			
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. 	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> 50m Sprint Long Jump Hurdle run Beanbag distance throw 	<ul style="list-style-type: none"> Running Jumping Pushing Pulling throwing stance accuracy



TSS Primary PE MTP 2023-2024 Year 2

	<ul style="list-style-type: none"> 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. <p>Endurance run</p> <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 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"> power speed balance Pacing Start Middle end Technique Stamina Fitness
<p>Target Games</p>	<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 3			
<p>Striking & fielding</p>	<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 Grip and ready position 	<ul style="list-style-type: none"> Batting fielding bowling sending receiving throwing catching



TSS Primary PE MTP 2023-2024 Year 2

	<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"> • Striking skills • Conditioned games 	<ul style="list-style-type: none"> • scoring
Invasion Games	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques. • In all game's activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. • Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. • To keep and run a game using a set of rules. 	Throughout this unit of work the areas of focus within lessons are: Ball familiarisation Passing and moving Attacking and Defending Space Gameplay Rules & Scoring	Movement Control Space Tactics Attacking Defending Positioning Triangles Rules Chest Pass Bounce pass Target Teamwork
Block 4			
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 • Move with ease, poise, stability and control in a range of physical contexts 	<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 • Rules and scoring 	<ul style="list-style-type: none"> • Stop • Start • Target • sending, • receiving • anticipation • scoring. • Ready position • Stance • movement • preparation



TSS Primary PE MTP 2023-2024 Year 2

Gymnastics	<ul style="list-style-type: none"> • 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"> • Teamwork • Communication
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. 	Throughout this unit of work the areas of focus within lessons are: <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 5			
Invasion games	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy, • Use a range of throwing and catching techniques. • In all games activities, pupils will find ways of attacking successfully. • Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. • Will begin to watch and describe others' performances, as well as their own, and suggest basic ways to improve. • To keep and run a game using a set of rules. 	Throughout this unit of work the areas of focus within lessons are: Ball Familiarisation Travelling with a ball Movement skills Attacking skills Competitive game situations	Attacking Defending Passing Chest Pass Bounce Pass team play team positions creating space
Swimming		Throughout this unit of work the areas of focus within lessons are:	<ul style="list-style-type: none"> • Body position • Breathing



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	<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">• 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">• Inhale• Exhale• Dive• Bubbles• Kicking• Floating• Floppy feet
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