



Physical Education Statement of Intent

At Whinstone Primary School, we aim to develop children who will be physically active and can flourish in broad and balanced PE curriculum. We believe physical education develops skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. PE at Whinstone delivered by a qualified PE specialist encourages pupils to enjoy being physically active whilst developing their skills in a range of activities. All pupils have the opportunity to participate in numerous sporting festivals where they are encouraged to work with others and develop their sense of sportsmanship and fair play.

In KS1 children develop their fundamental movement skills in a broad range of activities such as basketball, hockey, tennis and athletics. They also have the opportunity to engage in competitive and challenging situations as an individual and with others. They are taught to master basic movements such as running, jumping, throwing and catching along with balance, agility and co-ordination. They also develop simple tactics of attacking and defending in team games as well as perform simple movement patterns in activities such as dance and gymnastics.

All pupils leaving primary school (to be) physically literate and with the knowledge and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.





Whinstone Primary School Year 2 Physical Education



Physical Education KS1 National Curriculum

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.



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Physical Education Implementation

Physical Education is taught as an area of learning in its own right as well as integrated with other curriculum areas where appropriate and especially where we can promote healthy lifestyles. It is timetabled to be taught for two sessions per week.

Year 2 Physical education Implementation – Key Concepts	
The Key Concepts of Physical Education at Whinstone are: <ul style="list-style-type: none"> • Outwitting Opponent • Accurate Replication of Actions • Performing at Maximum Levels • Exercise Safely and Effectively 	

In Year 2 the Key Concepts of Physical Education are taught through the following sequence of topics:						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor PE	Dance	Gymnastics	Badminton	Multi-Skills	Basketball	Indoor Tennis
Outdoor PE	Football	Multi-Skills	Netball	Hockey	Athletics	Cricket/Rounders

Topic Specific Vocabulary					
Dance	Football	Gymnastics	Netball	Badminton	Multi-Skills
Movement	Dribble	Floor Work	Throw	Badminton racket	Run
Patterns	Pass	Jump	Catch	Shuttlecock	Jump
Shapes	Control	Roll	Still	Hitting	Chase
Direction	Shoot	Routine	Shoot		Throw
Warm-up	Goal	Gym mats	Teamwork		Catch
Levels	Teamwork	Warm-up	Marking		Balance
Actions	Marking	Pair work	Rules		Teamwork
Hockey	Basketball	Athletics	Indoor Tennis	Cricket/Rounders	Aiming
Safety	Dribble	Run	Tennis Racket	Bowl	Speed
Hockey Stick	Throw	Speed	Control	Throw	Direction
Dribble	Pass	Throw	Hitting	Catch	Awareness
Push Pass	Catch	Jump		Bat	Levels
Control	Shoot	Relay		Hitting	Reach
Shoot	Teamwork	Teamwork		Rules	Space
Goal	Marking	Technique		Teamwork	Reaction
Teamwork	Rules			Positions	



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These key concepts and knowledge will be taught and reinforced through the development of these specific skills listed. These Key Concepts and vocabulary will be revisited and repeated throughout a child’s journey of Physical Education at Whinstone.

Outwitting Opponent			Accurate Replication of Actions		Performing at Maximum Levels	Exercise Safely and Effectively
Invasion games	Striking and Fielding games	Net games	Dance	Gymnastics	Athletics	Multi-skills
Performance of basic skills in a static situation. Vary types of throwing. Basic marking in a game. Small amount of basic rules. No positions included. No focus on winning and losing but taking part. Small balls.	Basic bowling technique. Basic throwing techniques from a short and static position – under and overarm. Basic catching skills – two hands. Basic batting skills. Basic rules of the games. Performance of basic positions.		Basic patterns such as box steps. Individual work. Levels and Directions. Speed, actions and movements. Teacher led routine.	Basic jumps such as star, pencil and tuck. Basic rolls such as forward, log and teddy bear. Link basic jumps and rolls together as an individual and in pairs. Teacher led routines.	Attempt different distance running events. Attempt different techniques for running events. Attempt different throwing and jumping field events. Attempt the different techniques required for field events. Take part in a team in relay events.	



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Physical Education Impact

At the end of each topic teachers will evaluate what knowledge and skills pupils have gained within Key Concepts.

Key Concept	Meeting expectations
Outwitting Opponent	I can work as a team
	I can dribble a ball around obstacles using the correct body part
	I can pass a ball to a partner accurately with the correct body part
	I can retrieve a ball and send it using a throw or kick
	I can mark the other team players
	I can shoot with a ball at the goal
	I can stop a goal being scored using the correct body part
	I can follow the basic rules and play small sized games
	I can hold a racket using the handshake grasp
	I can roll a ball around the rim of a tennis racket when stationary
	I can volley on the spot using forehand and backhand
	I can bowl a ball
	I can throw a ball underarm and overarm at a target
	I can catch a ball with two hands
I can hit a ball with a bat	
Accurate Replication of Actions	I can dance at different levels and speed
	I can show co-ordination in my dance moves
	I can confidently travel in different ways
	I can perform different jumps e.g. tuck
	I can perform different rolls e.g. forward
	I can link jumps and rolls together
	I can perform a simple gymnastic routine independently or a with a partner
Performing at Maximum Levels	I can run different distances
	I can run at different speeds
	I can show different throwing and jumping techniques
	I can combine a run up with a jump to make me jump further
Exercise Safely and Effectively	I can explain what being active means
	I can tell you what being healthy is