PE Year 2: Autumn 2

Yoga

Key Vocabulary for Yoga

Mindfulness – being focused on the present moment.
Focus – concentration.
Position – where you put your body.
Flow – moving from one position to another carefully.
Pose – a shape made with the body.
Create – to bring something into existence.
Choose – to make a decision yourself about what to do.
Wellbeing – the state of being comfortable, healthy and happy.
Flexibility – the ability of joints to move through a pain free range of movement; being bendy.

Key Knowledge for Yoga

Balance: understand that I can squeeze my muscles to help me to balance.
Flexibility: know that flexibility helps us to stretch our muscles and increase the movement in our joints.
Strength: know that strength helps us with everyday tasks such as carrying our schoolbag.
Mindfulness: understand that I can use yoga to make me feel calm.

Key Skills for Yoga

Balance: remember, copy, and repeat sequences of linked poses.
Flexibility: show increased awareness of extension in poses.
Strength: demonstrate increased control in performing poses.
Mindfulness: explore controlling my focus and sense of calm.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Yoga
Which poses are challenging to our balance?
What is mindfulness?
Why is it important to be able to concentrate on one thing at a time?
What makes a good yoga partner?
How does yoga make us feel?
Ball Skills
Why do we need wide fingers to hold a bigger ball?
Where do we aim when our target is moving?
How do we control a ball when dribbling?
What is the best part of the foot to use for kicking a ball?
When is the magic moment?
How do we know our partner is ready to receive the ball?

Ball Skills

Key Vocabulary for Ball Skills

Target – an object of attention or attack.
Dribble – to move a ball along the ground with repeated small hits or kicks.
Track – to follow the ball with your eyes.
Receive – to catch or control a ball that is thrown, kicked or passed to you.
Opponent – someone on the opposite team.
Overarm – the arm is pulled back over the shoulder before releasing the ball.
Underarm – the hand swings down and back before releasing the ball.
Distance – how far something travels, or how far away something is.

Key Knowledge for Ball Skills

Sending: know that stepping with the opposite foot to the throwing arm will help me to balance.
Catching: know to use wide fingers and pull the ball into my chest to help to securely catch.
Tracking: know that it is easier to move towards a ball to track it than to chase it.
Dribbling: know to keep my head up when dribbling to see space/opponents.

Key Skills for Ball Skills

Sending: roll, throw and kick a ball to hit a target.
Catching: develop catching a range of objects with two hands. Catch with and without a bounce.
Tracking: consistently track and collect a ball being sent directly.
Dribbling: explore dribbling with hands and feet with increasing control on the move.