

Fundamentals

Key Vocabulary for Fundamentals

Dodge - to avoid something by a sudden quick movement.
Jog – a slow running pace.
Hurdle – jumping over an obstacle.
Speed – how fast your body is moving.
Steady – moving with care.
Sprint - to run a full speed over a short distance.

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.

Teambuilding

Key Vocabulary for Teambuilding

Teamwork - the combined action of a group, especially when effective and efficient.
Support – offering helpful words.
Successful – achieving your target.
Map – a picture to help you find your way.
Communicate - the imparting or exchanging information by speaking, writing, or using some other medium.
Planning - the process of making plans for something.

PE Year 2: Autumn 1

Key Knowledge for Fundamentals

Running: know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

Balancing: understand that squeezing my muscles helps me to balance.

Jumping: know that swinging my arms forwards will help me to jump further.

Hopping: know that if I look straight ahead it will stop me falling over when I land.

Skipping: know that I should swing the opposite arm to leg to help me balance when skipping without a rope.

Key Skills for Fundamentals

Running: demonstrate balance when changing direction. Clearly show different speeds when running.

Balancing: demonstrate balance when performing movements.

Jumping: demonstrate jumping for distance, height and in different directions.

Hopping: demonstrate hopping for distance, height and in different directions.

Skipping: explore single and double bounce when jumping in a rope.

Key Questions

Fundamentals

What helps us to balance?
How do we land safely and with control?
What's the difference between sprinting and jogging?
How can you trick someone about which way you are going?
What should we do to jump higher?
What makes a good teammate?

Teambuilding

How can we successfully follow instructions?
How does a plan help solve problems?
Why is it important to trust your partner?
What makes a successful team?
How can we make everyone feel involved?
Why is communication important?

Key Knowledge for Teambuilding

Problem solving: know that listening to each other's ideas might give us an idea we hadn't thought of.

Navigational skills: understand that the map tells us what to do.

Communication: know to use encouraging words when speaking to a partner or group to help them to trust me.

Reflection: verbalise when I am successful and areas that I could improve.

Rules: know how to follow and apply simple rules.

Key Skills for Teambuilding

Problem solving: begin to plan and apply strategies to overcome a challenge.

Navigational skills: follow and create a simple diagram/map.

Communication: work cooperatively with a partner and a small group.