

Fitness

Key Vocabulary for Fitness

Agility – ability to move quickly and easily.

Pace – the speed or rate at which something happens.

Race – a competition between runners to see who is the fastest.

Speed – the rate at which something moves.

Jog – run at a steady gentle pace.

Steady – not faltering or wavering.

Sprint – run at full speed over short distance.

Stamina – sustaining prolonged physical effort.

Key Knowledge for Fitness

Agility: know using small quick steps helps me to change direction.

Balance: understand that I can squeeze my muscles to help me to balance.

Coordination: understand that some skills require me to move body parts at different times such as skipping.

Speed: know that I take shorter steps to jog and bigger steps to run.

Strength: know that strength helps us with everyday tasks such as carrying our school bag.

Stamina: know that I need to run slower if running for a long period of time.

Key Skills for Fitness

Agility: demonstrate improved technique when changing direction on the move.

Balance: demonstrate increased balance whilst travelling along and over equipment.

Coordination: perform actions with increased control when coordinating my body with and without equipment.

Speed: demonstrate running at different speeds.

Strength: demonstrate increased control in body weight exercises.

Concepts

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Strategies - having an increasingly knowledge and understanding of 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.

PE Year 2: Spring 1

Key Questions

Dance

How do we show stillness in our balance?

How do I mirror my partner?

How do quick and slow actions affect our dance?

How do dynamics change how an action looks?

How do changes in speed and pathway make a dance more interesting?

Fitness

Which speed is best to use for running for long periods of time?

What changes can we feel in our bodies?

How can I help someone learn to skip?

What makes a supportive group member?

What helps us to change direction quickly?

Why is it important to pace ourselves?

Which exercise helps make our stomach muscles stronger?

What helps us stay balanced?

Dance

Key Vocabulary for Dance

Expression – conveying feeling in a performance.

Pathway - patterns created in the air or on the floor as the dancer moves.

Direction – a course along which someone moves.

Timing – the choice or control of when something will be done.

Perform – present to an audience.

Dynamics - the way in which the shape of a movement is done.

Mirror – correspond or be similar to.

Key Knowledge for Dance

Actions: know that sequencing actions in a particular order will help me to tell the story of my dance.

Dynamics: understand that I can change the way I perform actions to show an idea.

Space: know that I can use different directions, pathways and levels in my dance.

Relationships: know that using counts of 8 will help me to stay in time with my partner and the music.

Performance: know that using facial expressions helps to show the mood of my dance.

Strategy: know that if I practise my dance my performance will improve.

Key Skills for Dance

Actions: accurately remember, repeat and link actions to express an idea.

Dynamics: develop an understanding of dynamics.

Space: develop the use of pathways and travelling actions to include levels.

Relationships: explore working with a partner using unison, matching and mirroring.

Performance: develop the use of facial expressions in my performance.