



Physical Education

Health and Wellbeing Year 2

Unit Purpose

The unit of work will consolidate pupils' understanding of **agility, balance** and **co-ordination**, applying these elements of fitness in a variety of activities.

Pupils will perform circuits, understanding how **motivation** can enhance **performance**.

Inspire Me

"Never let your head hang down. Never give up and sit down, always try to find another way."

By Satchel Paige a Baseball Player



Key Success Criteria

- P** Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.
- C** Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.
- S** Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.
- W** Pupils will apply honesty and self belief as they continue to improve their performances and keep their score.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball using our hands or feet. The attacker in possession of will continuously bounces the ball with their hands or kick the ball keeping it close to them with their feet.

Warm Up: Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.





Physical Education

Team Building Year 2

Unit Purpose

The unit of work will develop pupils' ability to apply effective **teamwork**, ensuring that everyone is **included** and **understands** their role.

Pupils will begin to develop and **apply** simple **strategies** to **solve** problems.

Inspire Me

Did you know... geese fly in a V-formation with the strongest geese leading at the front. This makes it easier for the smaller or weaker geese following. They also 'honk' to motivate and encourage those who are getting tired.



Key Success Criteria

- P** Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.
- C** Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.
- S** Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.
- W** Pupils will develop life skills such as courage and self belief as they strive to complete the different challenges, adapting strategies and never giving up.



Vocabulary for Learning

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Inclusion: Inclusion means to included everyone in the activity or within a team no matter their ability. No one should be left out.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.



Sport Specific Vocabulary

Courage: means being brave enough to try something even when we find it scary or difficult.

Motivation: are the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.

