



Physical Education

Ball Skills Feet Year 2

Unit Purpose

The unit of work will challenge pupils to apply their knowledge and understanding of **dribbling, passing** and **receiving** in order to **keep possession** as a team and score a point.

Inspire Me

Fara Willimas is an English footballer who is the highest capped player for her country. Fara has played at four European Championships, three World Cups and represented Team GB at the 2012 Olympics.



Key Success Criteria

- P** Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.
- C** Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.
- W** Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.



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. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Possession: is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball need to identify open spaces to move into to keep the ball away from the defenders.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

Passing: is a method of sending the ball to our partner or another member of our team in order to keep possession of the ball.





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.

