



# Physical Education

## Ball Skills Hands 2 Year 2

### Unit Purpose

The unit of work will challenge pupils to apply their understanding of **underarm** and **overarm throwing** to beat their opponents.

Pupils will further extend their understanding of why we need to be accurate when we throw.

### Inspire Me

**Did you know...** the world record for throwing a cricket ball stands at 128.6metres - that's an incredible 140 yards and two feet.



### Key Success Criteria

- P** Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.
- 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 life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.



### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession or in control of the ball.

**Defender:** We are considered a 'defender' when we are not in possession or in control of the ball.

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs or rounders. The aim of the game for the batter (attacking team) is to score as many runs or rounders as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring runs or a rounder.

**Space:** is an open area on the court that is unoccupied by your opponent or the defending team.



### Sport Specific Vocabulary

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the with our hands that is hit or thrown to us usually before it touches the ground.





# Physical Education

## Gymnastics Year 2

### Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.

### Inspire Me

**Did you know...** that the youngest gymnast to compete at an Olympic Games was 10 year old Dimitrios Loundras. She competed at the 1986 Olympic games in Athens and won a bronze medal.



### Key Success Criteria

- P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.



### Vocabulary for Learning

**Champion Gymnastics:** Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/ balances.

**Linking:** This means successfully adding two movements together so that they flow one after the other.

**Flow:** This is when a gymnast moves from one action to another without stopping.

**Transition:** The term transition means to move into and out of basic movements, actions or balances.



### Sport Specific Vocabulary

**Jump:** Is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.

**Roll:** Is a method of moving where a gymnast completes rotation of their body on the ground.

**Sequence:** This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

