

## DANCE

*Copy, remember and repeat simple skills with control and co-ordination*

I can link several movements together with control and co-ordination.

I can talk about different stimuli as the starting point for creating dance phrases and short dances.

I can explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of movements.

*vary skills, actions, ideas and begin to show some understanding of simple tactics*

I can compose and perform dance phrases and short dances that express moods, ideas and feelings.

I can remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness.

## Physical Education

Year 2



## GAMES

*Copy, remember and repeat simple skills with control and co-ordination*

I can pass a ball accurately to a partner over a variety of distances.

I can perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control.

I can show a good awareness of others in running, chasing and avoiding games, making decisions about where and when to move to.

*vary skills, actions, ideas and begin to show some understanding of simple tactics*

I can vary skills and show some understanding of tactics.

I can choose and use tactics to suit different situations, reacting to situations in a way that will help team players and create difficult situations for opponents.

## GYMNASTICS

*Copy, remember and repeat simple skills with control and co-ordination*

I can perform a variety of actions with increasing control.

I can repeat accurately sequences of actions.

I can move smoothly from a position of stillness to a travelling movement.

*vary skills, actions, ideas and begin to show some understanding of simple tactics*

I can choose, use and vary simple compositional ideas to create and perform a sequence.

I can devise, repeat and perform a short sequence with a clear beginning, middle and end.

I can use different combinations of floor, mats and apparatus showing control, accuracy and fluency.

## UNDERSTANDING OF HEALTH AND FITNESS

I can understand how to exercise and describe how bodies feel during different activities.