

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.