



PE Topic Journey Overview Y2

Y2 PE Topic: Games

PE Topic: Y2 Kicking (Football)

<p>Lesson 1 Key Skills: Develop individual ball skills Warm-up: Split group into 2 teams, one on each side of pitch. Balls are kicked from one side to the other and back. Activities: warm-up, individual kicking of ball, dribbling ball, kicking with both feet, stop and turn, keep possession Outcomes: Can children stop the ball to keep control quickly</p>	<p>Lesson 2 Key Skills: To pass the ball on the ground Warm-up: traffic lights activity where all children have a ball and follow the traffic light instructions when cones are held aloft. Children to add their own suggestions. Activities: practice passing the ball accurately. Introduce gates for passing. Conditioned game: pass through as many gates as possible in set time. Outcomes: accuracy of passing the ball</p>	<p>Lesson 3 Key Skills: Explore different ways to send/pass the ball Warm-up: Call out numbers, children get into groups of that number, on 2, go through partners legs Activities: In pairs, children pass through gates. How many in one min. Conditioned game: Use cones as goals, children to score goals by passing ball through cones Outcomes: Children to demonstrate difference between controlled pass and hitting the ball harder</p>
<p>Lesson 4 Key Skills: Develop and practice different ways to send/pass the ball Warm-up: Bib/cone reaction: Children to touch a bib/cone of particular colour as its called out, huddle movement: Group protect one player from a chaser Activities: Children to dribble around area, practice turning around cones. Children to transfer balls from one hoop to another using feet only, one player in each hoop. Conditioned game: Using 4 cones per team, small sided game where children score by hitting cone with a pass/shot. Outcomes: Children to demonstrate difference between controlled pass and hitting the ball harder.</p>	<p>Lesson 5 Key Skills: Individual dribbling and sending the ball Warm-up: Run and chase, 2 lines of players, A runs to opposite line, B runs past, A turns and chases Activities: Groups of 2/3 to practice passing the ball, Rogueball (3s) Player rolls out ball, runs after, control and pass back, Treasure chest: all balls in middle, collect then steal from groups. Outcomes: Children to pass and dribble with more control.</p>	<p>Lesson 6 Key Skills: Develop control, movement and confidence with the ball Warm-up: Make 3 shapes from cones :triangle, circle and square. With 1 tagger children move between the shapes. Do 5 star jumps if tagged Activities: As warm-up above but to be done with a ball. Set cones into pairs of goals with player defending both goals. Other players try to dribble their ball through goals. Conditioned game: All have ball in designated area, try to kick other balls out of the area Outcomes: Improving control of the ball and movement.</p>
<p>Resources: Cones, Footballs, range of softer balls, poles, hoops, bibs</p>	<p>After school club: Pro-skills soccer all year Girls football club: Autumn Term</p>	<p>Out of school links: Links to local football clubs including Maghull FC youth teams</p>

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
------------------------	-------------------------	----------------------------------	-------------------------------

PE Topic: Y2 Throwing and Catching (Netball/Dodgeball)

<p>Lesson 1 Key Skills: To catch a variety of balls and beanbags Warm-up: Play with 4 separate groups of 8, one has a ball. When player with ball bounces the ball, rest of team jump up and down, roll the ball, rest of team run etc. Activities: 1) All children with a ball or beanbag, throw and catch, bounce and catch, throw ball up, clap and catch. 2) With a partner, throw and catch, vary distance thrown, low throws and high throws. Swap equipment 3) 4 groups of approx 8 form circle. Start with one ball being passed around circle in same direction. Introduce a second ball and third if possible. Encourage accurate throwing and catching. Outcomes: Children to improve their catching skills</p>	<p>Lesson 2 Key Skills: To catch a ball or beanbag with one hand Warm-up: traffic lights activity where all children follow the traffic light instructions when cones are held aloft. Children to add their own suggestions. Activities: 1) Children select their own small ball, beanbag or quoit. Practice throwing the ball from one hand to another. Increase height of throw, how many catches can be done in a minute 2) Working with a partner, practice throwing from right hand to right hand, left to left and left to right. 3) Play 'Take Cover' game. Groups of 4 in a line, with one 'thrower' in front. Thrower throws ball to first player to catch one handed 3 times, first player then ducks down so 3 throws are then made to second player etc. Play competitively against other groups Outcomes: Children to be able to catch with one hand</p>	<p>Lesson 3 Key Skills: Explore different ways to send/pass the ball Warm-up: Call out numbers, children get into groups of that number, on 2, go through partners legs Activities: In pairs, children run to gates and then pass/throw the ball to partner through gates. How many in one min. Conditioned game: (4v4 approx.) Use cones as goals, children to score goals by passing ball through cones. Limit amount of steps with the ball. Outcomes: Children to demonstrate difference between controlled throw/ pass and throwing the ball harder to score.</p>
<p>Lesson 4 Key Skills: Develop and practice different ways to send/pass the ball Warm-up: Bib/cone reaction: Children to touch a bib/cone of particular colour as its called out, huddle movement: Group protect one player from a chaser Activities: Children to dribble around area by bouncing their ball,, practice turning around cones. Children to transfer balls from one hoop by bouncing it as they travel Conditioned game: Using 4 cones per team, small sided game where children score by hitting tall cone with a pass/shot. Outcomes: Children to show awareness of others in better positions (teamwork)</p>	<p>Lesson 5 Key Skills: Individual dribbling and sending the ball Warm-up: Run and chase, 2 lines of players, A runs to opposite line, B runs past, A turns and chases Activities: Groups of 2/3 to practice passing the ball, Rogueball (3s) Player rolls out ball, runs after, picks up and throws pass back, Treasure chest: all balls in middle, collect then steal from groups. Balls are thrown from line to collector who cant move from specified area. Outcomes: Children to pass with control in a game/competitive situation</p>	<p>Lesson 6 Key Skills: Develop control, movement and confidence with the ball Warm-up: Make 3 shapes from cones :triangle, circle and square. With 1 tagger children move between the shapes. Do 5 star jumps if tagged Activities: As warm-up above but to be done while bouncing a ball. Set cones into pairs of goals with player defending both goals. Other players try to bounce their ball through goals. Limit steps used. Conditioned game: All have ball in designated area, try to push other balls out of the area Outcomes: Improving control of the ball and movement.</p>
<p>Resources: Cones, netballs, range of softer balls, poles, hoops, bibs</p>	<p>After school club: Y2 netball club: Autumn Term</p>	

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
------------------------	-------------------------	----------------------------------	-------------------------------

PE Topic: Y2 Rolling and Receiving (Netball)

<p>Lesson 1 Key Skills: To learn skills of catching a large ball Warm-up: Individual leaders for group to lead warm-up exercises Activities: Individual throw and catch with ball, move into pairs. In groups, each group with 6 balls to move from one hoop to another by rolling to each other. Same activity with throwing and catching Outcomes: Improved catching skills, teamwork and co-operation</p>	<p>Lesson 2 Key Skills: To improve familiarity with the ball Warm-up :Children to have ball each, balance on different body parts, copy partner Activities: Children in pairs to practice rolling and throwing the ball to each other. Small sided game: Empty your goal-each team has balls inside hoops at their own end. Working in groups, empty your goal by combination of rolling and throwing to place ball in hoops at other side of pitch. No moving with the ball. Outcomes: Accurate passing of the ball from player to player</p>	<p>Lesson 3 Key Skills: Ball control and teamwork Warm-up: The Ball is hot. Children to only hold ball for 2 seconds before rolling it away into space for another to fetch. Activities: Children to have a ball each. Bounce and catch after 1 and 2 bounces. Play team game where each team (up to 8) stand in a line about 3m apart. Ball is firstly rolled from 1st player to 2nd and continues until it reaches last player who sprints to the front with their ball. Move onto a 1 bounce pass Outcomes: Teamwork and co-operation</p>	
<p>Lesson 4 Key Skills: Sending and receiving the ball in different ways. Warm-up: Numbers game; call out numbers, children respond with action 1: jump, 2:touch ground. Children to think of some of their own. Activities: In 2s, children roll ball to each other, progress through multi bounce, 2 bounce, 1 bounce, no bounce into throwing and catching Play 'across the pitch' where ball is transferred from 1st player in team through every other player and back to the start Outcomes: Children to become increasingly confident when passing and receiving the ball in a variety of ways.</p>	<p>Lesson 5 Key Skills: Using skills learned to play competitive games Warm-up: The Cone game: Spread cones around areas, Children to run to a cone on command, Different ways of travelling. Introduce an activity to do at each cone. Activities: Groups of 4/5. Children pass the ball around the circle. 1 child is chosen to run around the group and get back to his own place before the ball. Play ' Over the Line' 1 v 1 game where ball is rolled from one side to another to go between 2 cones. Opponent has to stop ball. Alter size of goal, distance, ball type as appropriate. Outcomes: To play competitive games and agree to alter rules if necessary</p>	<p>Lesson 6 Key Skills: Show control of ball, learn how to shoot and apply skills used Warm-up: Rob the nest game, 4 teams but no moving with the ball, it must be rolled or passed to team mates Activities: Play Simon says Netball. All children with a ball to do specified activity eg. Balance, bounce, throw and catch Teach children how to aim the ball for a high target (the netball ring and net) In small groups, children play competitive game with aim of scoring points by hitting some part of the goal Play Over the Line as last week but with 2v2 matches Outcomes: Children to be able to show how to shoot the ball upwards at a target.</p>	
<p>Resources: Netballs, softer large balls, tennis balls, cricket balls, bibs, cones, hoops</p>	<p>After school club : Y2 Netball Club (Autumn term)</p>		
<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>

PE Topic: Y2 Travelling (Hockey/Rugby)

<p>Lesson 1 Key Skills: To travel around area carrying a range of equipment Warm-up: Children choose item of equipment and travel around area. On command of change, swap equipment with another child. Focus on a rugby ball and carrying with 2 hands. Activities: 1) All equipment in the middle, children in 4 or 6 groups to steal equipment from middle and then from other groups, Encourage a pass in final part to speed up. 2) Groups in lines to move rugby ball, one at a time from one end of the line to the other, firstly running, then half run and pass. Outcomes: Children to travel with equipment confidently and transfer it to others</p>	<p>Lesson 2 Key Skills: To be able to chase others wearing tag belts, to run with a rugby ball. Warm-up: Children to wear tag belts. One group of 8 at a time to chase and pull tags Activities: 1) Children in lines of up to 8. Using a rugby ball, player 1 runs to player 2, Player 2 runs to 3 etc. Last player runs length of cage to become new player 1 2) Whole class game, all wearing tags, approx 10 players carrying a rugby ball in 2 hands. If a tag is taken, player must surrender the rugby ball to the tagger Outcomes: Running with the ball in 2 hands, dodging others, catching tags</p>	<p>Lesson 3 Key Skills: Running with a rugby ball, taking account of obstacles and evading taggers Warm-up: Children with tag belts. Class split in 2 to play rats and rabbits with one group chasing the other depending on the call. Activities: 1) Split class into 4 groups. Each group to create a series of obstacles for players to run through or avoid in their set area carrying a rugby ball while travelling. Use cones, poles, spots which must be stepped on etc. Swap groups so that children use each others obstacles. Introduce one chaser for each group in one part of the course. Outcomes: Children to run confidently around obstacles while carrying the ball</p>
<p>Lesson 4 Key Skills: To travel with a ball while bouncing it Warm-up: Half of class with a ball, others statues run around while bouncing the ball and on command, swap. Activities: 1) All children to have a ball and to practice bouncing it, firstly with 2 hands, moving to one. Can they walk/run while keeping control of the ball. 2) In groups of 4/5, children bounce/dribble the ball to each other. Look to increase speed but maintain accuracy 3) Set up gates using cones/poles for children to take their ball through Outcomes: Children to become more proficient when bouncing the ball and keeping control</p>	<p>Lesson 5 Key Skills: Travelling with a ball while dribbling it with a hockey stick Warm-up: All children with a hockey stick; run while carrying stick safely in two hands. Find space and perform stretches while moving the stick around the body. Play invisible ball hockey with children dribbling an imaginary ball. Focus on keeping the stick low. Activities: 1) Children to have a ball with their hockey stick. Travel around space taking ball to specific points they are asked to travel to eg. red line, white line, against the fence. 2) Play sharks game in groups of approx 8 where one shark tries to touch all other balls in the group with their stick Outcomes: Children to be able to keep reasonable control of the ball with their hockey stick</p>	<p>Lesson 6 Key Skills: To travel with a ball and hockey stick and to shield it from an opponent Warm-up: Play sharks game from previous week as a warm up. Activities: 1) Children to recap on dribbling skills. In pairs, one player with a ball tries to protect it from their partner by dribbling or shielding it. Reverse roles. 2) Team game with groups of 4/5 in a line with one ball. In turn, each player in a team dribbles out to a cone and takes the ball bag back for the next player Outcomes: Improving control of the ball with the hockey stick.</p>
<p>Resources: rugby balls, netballs, basketballs, handballs, softer balls, unihoc hockey sticks, proper hockey sticks, tennis balls, cones, poles, bibs, tag rugby belts</p>	<p>After school club : Y2 Tag Rugby Spring term</p>	

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
------------------------	-------------------------	----------------------------------	-------------------------------

PE Topic: Y2 Cricket (Striking, throwing, catching, rolling, retrieving)

<p>Lesson 1 Key Skills: To practice catching skills Warm-up : Heads, shoulders, knees and ball. 2 lines opposite each other with line of balls between. Call out various body parts ending with a grab for the ball Activities: 1) Children to take a ball or bean bag and practice catching individually eg. throw in air and catch, throw clap hands catch, throw bounce and catch, emphasise eyes on ball 2) Children in groups of approx 8 and in pairs standing in circle, throw and catch all at once, children must focus on their own ball as others in sight 3) Set out gates, in pairs children run to gates, throw and catch, find new gates, catch one handed only as a challenge Outcomes: Children to improve their catching skills</p>	<p>Lesson 2 Key Skills: To throw the ball at a target with increasing accuracy Warm-up : Volcanoes and craters: Split group in two with one group turning cones the correct way round, the others turning them upside down Activities: 1) 4 groups of approx 8. One set of wickets, cones in the space between the wickets and the start. Players run through cones and try to roll ball to hit the wickets. Introduce a tagger in the coned area, if player tagged, start again 2) Set up wickets behind a line, 4 groups of 8, one wicket-keeper. Ball is rolled by wicketkeeper for player to stop behind the line. They then throw to try and hit the wickets. Remove a stump every time wickets are hit. Outcomes: Success in hitting the target with a throw</p>	<p>Lesson 3 Key Skills: To recap on bowling a ball as oppose to the throw Warm-up : Space Invaders: all balls in the middle, children in 4 groups. On command, children run one at a time from each group to collect a ball from middle, then steal from other groups Activities: 1) Remind children of difference between bowling and throwing the ball(straight arm). Practice star shape and players then bowl in pairs to each other. Aim for one bounce before it reaches partner. 2) Orbit bowling : In circles of approx 8, bowl at sets of stumps/cones which are in the middle. Remove targets when they are hit. Outcomes: Children to bowl with a straight arm.</p>
<p>Lesson 4 Key Skills: To develop accuracy and use a correct grip for bowling a cricket ball. Warm-up : Dodgeball; 6 soft cricket balls or tennis balls in play for whoever gets them. Roll the ball to try and hit other players under the knee. If hit, player does 5 star jumps. Only 1 attempt allowed before another player gets the ball. Activities: 1) Show how to grip the ball correctly with fingers either side of the seam. Practice bowling in pairs. Each pair to have a traffic cone to bowl at and play against partner to see who scores most hits. 2) In 4 groups set up wickets and 10 cones approx 1m in front of wickets. In turn, each player in group bowls at wickets and if cone is hit on the full, it is placed behind the wickets. First team to remove all 10 cones wins. Outcomes: Children to improve the accuracy of bowling using a correct grip of the ball.</p>	<p>Lesson 5 Key Skills: To practice batting skills including running. Warm-up : Yes, No, Wait: All children to carry a bat or tennis racket. Yes means run from one line to another, No means don't, Wait means wait for yes or no to follow Activities: 1) Demonstrate correct grip on cricket bat. Children in groups of 3/4 each with a batting tee and 3 balls. Each player hits three balls from the tee for the others to retrieve. 2) Groups of approx 8. 1 batter, 7 fielders all at own cone. Player hits the ball from a tee and starts to run between 2 lines, counting each run. One player retrieves ball and passes it to nearest player who touches their cone with ball before passing to the next player who does the same. When last fielder touches cone, shout stop and the batter stops their running Outcomes: Children to hit the ball and score runs</p>	<p>Lesson 6 Key Skills: To hit the cricket ball while it is moving. Warm-up : Stuck in mud game. 6 chasers, 6 with ball to free. Ball must be thrown for a catch by the captured player. Ball must be caught for them to be free. Activities: 1) In groups of 3/4, ball is fed underarm for batter to hit ball. Aim is for a 1 or 2 bounce feed before the ball is hit. 2) In similar groups, batter to stand in front of a set of wickets or a traffic cone. A second player bowls from a cone for player to attempt to hit. Other players are fielders. Three goes then players rotate positions Outcomes: Children to have increasing success when striking a moving ball.</p>
<p>Resources: Kwik cricket bats, balls, wickets, tees, traffic cones, stacking cones.</p>	<p>After school club: Y2 Cricket ASC (summer term)</p>	<p>Out of school links: Maghull Cricket Club All stars</p>

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
------------------------	-------------------------	----------------------------------	-------------------------------

PE Topic: Y2 Striking (Tennis)

Lessons 1 and 2
 Key Skills: To recap the forehand shot
 Warm-up: Cones around edge of playing area/court.
 Players jog round changing direction on command, no overtaking, moving in and out of the cones
 Activities: 1) Children in pairs, each with racket in front. Ball between 2 is thrown underarm to land on opponents racket. Traffic cone in the middle which ball must go over.
 2) Pick up racket and still in pairs, rolling rally of the ball pushed to each other; ball remains on floor. Try to keep ball moving 3) Bounce hit catch; in pairs the ball is fed underarm and after one bounce is hit back for a catch. Focus on control of the ball. Score point for each successful hit and catch. Rotate hitter
 Outcomes: Children to show the forehand action as they push and hit the ball.

Lessons 3 and 4
 Key Skills: To develop and improve the forehand shot from previous week. Introduce idea of playing with a partner in 2v2
 Warm-up: Set up cones around edge. Side-stepping around perimeter of the area, move in and out of cones, change direction, sprint towards the centre on command
 Activities: 1) In groups of 4, rolling rally from previous week, keep it moving and take alternate shots. 2) Still in 4s, throw the ball underarm to each other with aim of throw, bounce and catch with alternate players How many can each group do successfully. 3) Living wall game : Bounce, hit and catch activity with half of class as feeders and traffic cones as nets. After first shot is returned, all hitters move to their right to face a new feeder. Hitter attempts to land their shot over the traffic cone to bounce once before it reaches the feeder.
 Outcomes: To be able to hit forehand shots with increasing accuracy, working collaboratively with others.

Lesson 5 and 6
 Key Skills: To learn how to volley the tennis ball with a push action
 Warm-up: Jumping; all children to stand behind a cone with a racket in their hand. On command, jump over the cone to land on both feet in a crouched, balanced position, ready to play their next shot. Jump sideways, forwards and backwards. Run activity as 'Simon says.'
 Activities: 1) In pairs, children about 4m apart, throw the ball to each other with underarm throw. Aim is to catch the ball without it bouncing. Set challenge of how many catches in a row. 2) As above but try and catch in dominant hand 3) One player with a racket. Feeder throws for player to play a controlled volley back to the feeder. Encourage children to push through the ball, not to swing at it. Feeder tries to catch the return either without it bouncing or after one bounce.
 Outcomes: Children to be able to play the push volley shot

Resources: Stringed tennis rackets, plastic rackets, slow bounce tennis balls, sponge balls, cones, traffic cones

Emerging

Exceeding

Absent (2 or more)

Topic Completed