

## Year 2

### Dance

To perform body actions with control and coordination including jumps.

To remember and repeat dance phrases.

To perform short dances, showing an understanding of expressive qualities.

### Gymnastics

To plan and repeat simple sequences of actions.

To perform the basic gymnastic actions with coordination, control and variety.

To be able to use simple balances.

### Games

To make choices about appropriate targets, space and equipment.

To use a variety of simple tactics.

To perform basic skills of rolling, striking and kicking with more confidence.

## Athletics

To run with agility and confidence.

To learn the best jumping techniques for distance.

To complete an obstacle course.

### Outdoor Adventurous Activities

To participate in a range of activities to encourage teamwork.

To participate in a range of activities, which involve working with and trusting others.

### Healthy Lifestyle

To recognise how performances could be improved.

To know why it is important to be active.

### Fundamentals

To recognise and describe how they feel after exercise.

To use a variety of movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

To participate in team games, developing simple tactics for attacking and defending.

To perform dances using simple movement patterns.