



# Pinner Wood School



<b>Year Group</b>	2	<b>Term</b>	Spring 1	<b>Subject</b>	P.E.	<b>Outdoor Topic &amp; Learning Focus</b>	<p>Unit 3: <b>Cognitive skills</b> (Balance &amp; Dynamic Balance to Agility)</p> <p>I can help praise and encourage others in their learning.</p> <p>I can walk fluidly, lifting knees up to 90°. - I can walk fluidly, lifting heels up to bottom. - I can stand on a low beam with a good stance for 10 seconds.</p>
<b>Prior Learning and other Curriculum Links</b>	<p>Year 1:</p> <ul style="list-style-type: none"> <li>I can work sensibly with others, taking turns and sharing</li> <li>Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs.</li> </ul>				<b>Target Tracker statements (Skills)</b>	<ul style="list-style-type: none"> <li>Hop along a straight line using the same foot</li> <li>Jump for distance controlling the landing</li> <li>Jump for height with a controlled landing</li> </ul>	
<b>Fundamentals For Real P.E.</b>	<p>Year 2:</p> <ul style="list-style-type: none"> <li>Balance: Jump from 2 feet to 2 feet with quarter turn, including moving along a line. Keeping balance on both legs whilst lifting knees to 90° and heel to bottom. Be able to move cone from one side of body to other while maintain balance.</li> </ul>						
<b>Our Curriculum Journey</b>	<p><b>Real P.E. Journey:</b> In this unit, children will be exploring and developing their balance and coordination skills along a straight line. The children will practice the skill of maintaining full control and fluidity while moving back and forward, lifting alternate legs at a 90° and lifting heels up to bottom. They will then apply this to apparatus (benches) to test their balance whilst transferring items to a hoop.</p>						
<b>Key Vocabulary (revisited)</b>	<p>Travel Stillness Body parts Own space</p>				<b>Key Vocabulary (new)</b>	<p>Controlling Shape Stretch Balance 90° angle Apparatus</p>	