



**Flanderwell Primary School**  
**Physical Education End of Year 2**



Fundamental skills

Iexercise: Core strength and balance	Balance on one foot Walk and hopping with control Strong laying on front position Bounce and catch ball
Imove: Locomotion, travelling and agility	Balance on one foot and on front Travelling activities Walk along a bench Jumping activities
Ipractice: Agility	Spatial awareness when running Throwing activities Hurdling Jumping activities
Icommunicate: Object control,	Working with a partner and in a team Confidence when throwing and catching Accurate throwing Correct catching technique
Icreate: Coordination	Understand instructions Demonstrate hand-eye coordination Demonstrate object manipulation while stationary Demonstrate object manipulation while travelling
Ithink: Balance and agility	Controlled balance activities Controlled travelling activities Controlled object manipulation Working with a partner

Sports

Gymnastics	Rolling, travelling, balancing, and jumping in specific movements with control.	Create a sequence of movements which follow a set of rules.	Climb on and perform movements on equipment safely.	Make a suggestion on how to improve my gymnastics sequence and sequences of others
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Dance	Count out the phrases of 8 counts within the music on the regular beat correctly and move in time	Copy, repeat and explore combining skills such as travelling and jumping, turning on different levels	Link 2 or more movements together to form a sequence	Make a suggestion on how to improve own performance and performances of others
Pilates/Yoga	I understand what is correct posture and alignment and I can perform everyday tasks such as sitting, standing, walking etc. in this way	I can demonstrate control over movements and show good coordination.	I can make a suggestion on how to improve my performance and performances of others.	