

## PE Key Skills Y2

Area	Key Skill
<b>Games</b>	<ul style="list-style-type: none"> <li>• Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still</li> <li>• Perform basic skills of rolling, striking and kicking with control</li> <li>• Use a variety of simple tactics in a small sided game</li> <li>• Show an awareness of opponents and team mates during games</li> <li>• Describe the differences in the way their body works and feels when playing different games</li> <li>• Begin to watch others and focus on specific actions to improve own skills</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Can explore, remember and repeat dance actions</li> <li>• Can compose and perform dance and short phrases.</li> <li>• Can describe how different dance movements make them feel.</li> <li>• Can watch and describe dance phrases and dances and use what they learn to improve</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Perform basic gymnastic actions with control and coordination</li> <li>• Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness</li> <li>• Create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or partner</li> <li>• Describe the differences in the way their body works and feels when performing gymnastics</li> <li>• Handle apparatus safely and recognise risks involved</li> <li>• Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it</li> </ul>
<b>Outdoor Adventure</b>	<ul style="list-style-type: none"> <li>• Work increasingly cooperatively with others, identifying where they are by using simple plans and diagrams of familiar environments and discussing how to follow trails and solve problems</li> <li>• Recognise that different tasks make their bodies work in different ways</li> <li>• Comment about how they went about tracking tasks</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Run with a good technique at different speeds</li> <li>• Perform a two footed jump</li> <li>• Show a good throwing technique and extend accuracy and distance</li> <li>• Compete in a range of team events Describe the differences in the way their body works and feels when trying athletic activities</li> <li>• Begin to watch others and focus on specific actions to improve own skills</li> </ul>