

PE Non Negotiables: Year 2

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance <i>(Core task: Cat Dance)</i>	<ul style="list-style-type: none"> I can make short dance phrases that express moods and feelings I can repeat a short dance phrase, improving control I can perform short dance phrases using rhythm and movement I can use music to guide my dance phrase 	<ul style="list-style-type: none"> I can talk about different stimuli for the start of dance phrases I can explore actions in response to a stimuli I can explore ideas, moods and feelings by improvising and experimenting with movement 	<ul style="list-style-type: none"> I know how my body feels after dance activities I know that I need to warm up and cool down for dance 	<ul style="list-style-type: none"> I can say what I like and dislike in dance, giving reasons I can show an understanding of mood and describe how dance makes me feel
Gymnastics <i>(Core task: Families of Actions)</i>	<ul style="list-style-type: none"> I can perform a range of actions with control and coordination I can repeat sequences of gymnastic actions I can move smoothly from a position of stillness to a travelling movement I can move smoothly from a position of stillness to another 	<ul style="list-style-type: none"> I can create, repeat and perform a short gymnastic sequence I can include apparatus or a partner I can vary my sequence using floor, mats and apparatus 	<ul style="list-style-type: none"> I can explain how my body feels after gymnastics I recognise and avoid risks when handling and placing apparatus 	<ul style="list-style-type: none"> I can describe my own or my partners sequence accurately I can choose one aspect of my performance to improve and say how to improve it
Games <i>(Core task: Piggy in the Middle)</i>	<ul style="list-style-type: none"> I can perform a range of throwing, rolling, striking, kicking and gathering skills I show good awareness of others in running, catching and avoiding games 	<ul style="list-style-type: none"> I can choose and use tactics to suit different situations I can react to situations in a way that helps my partner and makes it difficult for my opponents I know how to score and keep the rules of the game 	<ul style="list-style-type: none"> I understand and describe changes in my heart rate I can begin to anticipate what they will feel like after playing games 	<ul style="list-style-type: none"> I can watch and describe performances accurately I can recognise what is successful I can copy actions and ideas and use them to improve own performance

Main progression points:

- Create short phrases/sequences (3/4 movements)
- Explore ideas, moods and feelings through movements
- Create & perform short sequence (3/4 movements)
- Include apparatus or a partner
- Range of throwing, rolling, striking, kicking and gathering skills - accurate in aim and connection
- Know how to score and keep rules of game

Spring 2012 - CN
 Summer Term 2012 reviewed - SH EA JM
 Summer 2014 reviewed - TC