



SCHEME OF WORK

Year 2

Unit Overview:

In this unit, children will continue to develop and refine their basic gymnastic shapes. They will improve their control and fluency in jumps and progress their rolling skills from log rolls to dish, arch, and forward rolls. Children will build confidence performing bunny hops on the floor and on small apparatus. They will learn to link movements together to create short sequences that include three different skills, and through challenge activities, they will begin to transfer these key physical skills onto apparatus.

Learning Intentions:

Lesson 1	How can you perform gymnastics shapes on apparatus?
Lesson 2	How can you travel in different ways?
Lesson 3	How can you perform different rolls?
Lesson 4	How can you balance on different parts of your body?
Lesson 5	How can you perform a Bunny Hop across apparatus?
Lesson 6	How can you perform shapes, balances and jumps using various apparatus?
Lessons 7-12	How can you co-operate with your team when using apparatus?

***Note:** Challenge lessons (7–12) on apparatus, can be delivered at any point within the unit. These lessons are designed to encourage co-operation, teamwork and the transfer of key skills learned throughout the unit (**linking learning**).

Unit End Points:



Physical Me

- Can perform a shape when moving on apparatus with a strong body and control
- Can travel across the mat with control and a strong body
- Can perform a Dish/Arch roll
- Can balance in a sequence showing strong balances and hold for 3 seconds
- Can perform bunny hops across apparatus keeping my hands flat and arms straight
- Can perform a sequence on apparatus and remember to have a strong start and finish



Thinking Me

- Can give kind feedback to others
- Can listen and share ideas



Social Me

- Can co-operate in a team and compete with self and others.



Value Me

- Demonstrate Key Values



Healthy Me

- Can say what happens to my body during exercise

End of Year Attainment Targets:

- Can master basic movements such as running and jumping
- Can demonstrate agility, balance and co-ordination
- Can compete against self/others in a range of increasingly challenging situations
- Can co-operate in physical activities
- Children give others feedback using the key value kindness
- Children identify specific body changes during physical activity and understand that exercise helps their body work better and stay healthy.



Physical Me

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- HOPPING
- LEAPING
- SKIPPING
- ROLLS
- JUMPS
- BUNNY HOPS
- STRENGTH
- FLEXIBILITY
- CLIMBING

Social Me



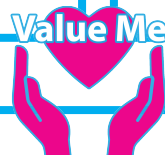
- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- TAKING TURNS
- PERFORMING IN FRONT OF A GROUP

Thinking Me

- SELECT AND APPLY SKILLS
- LINK SKILLS TO A SIMPLE SEQUENCE
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING SHAPES
- UNDERSTANDING HOW BEING STRONG HELPS ME WITH MY GYMNASTICS

Healthy Me

- WARMING UP
- FEEL MY HEART BEATING
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- KNOW SOME HEALTHY ME TIPS
- COOL DOWN
- STAY HYDRATED



Value Me

Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
 - Children to wear appropriate footwear