PE Year 2 Autumn 2

Health Education, Movement and Fitness to Music

Show an understanding of what fitness is.

Perform several fitness exercises.

Perform a succession of jumps with accuracy.

Perform a variety of balances on small and large body parts.

Perform a variety of exercises to improve strength.

Improve overall strength.

Perform a variety of balances on small and large body parts.

Improve flexibility and ability to stretch using different muscle groups.

Show good core strength and control.

Perform exercises over a period of time.







Question

Can you hop, crawl and balance during a range of activities?

Vocabulary

Running, jumping, crawling, hopping, balancing (stork stand), balance, agility, coordination, strength and control.