

## KNOWLEDGE

### Competent learner

Practice a range of movements with control demonstrating balance & coordination  
Perform fundamentals of movement (ABC's) with control and confidence  
Safely negotiate space both indoors and outdoors

### Active & healthy learner

Recognise and describe how their body feels during and after activities  
Understand and explain the importance of good health, physical exercise and healthy food  
Understand and explain which activities are good for our health

### Reflective learner

Describe, explain and comment on their own and others' actions and feelings  
Listen, respond to set tasks and sounds following expectations and rules  
Make judgements to improve their work

### Engaged learner

Communicate, select, prepare and handle appropriate resources effectively  
Cooperate and work in small teams  
Dress and undress for PE promptly  
Listen to others and follow instruction

### Disciplined learner

Show a positive attitude towards activities and other pupils  
Work well with others by showing respect  
Stay on task throughout the lesson

## SKILLS

### Agility

Moving the body from one position to another (changing direction)  
Start/stop on command, maintaining balance

### Balance

Centre of gravity over the base of support  
Counterbalancing when centre of gravity is out of position

### Co-ordination

Synchronising limbs when performing an action  
Generating force when sending

### Locomotion skills (ways to move)

Run – forwards, backwards, sideways and diagonally  
Chase – closing space between the attacker & defender  
Jump – block, intercept, receive object off target/on the move

### Stabilisation skills (maintaining physical stability)

Turn – looking for spaces, chasing/avoiding  
Twist – when sending/receiving  
Stretch – when blocking, intercepting, receiving

### Ball manipulation skills (ways to use an object)

Send – push, hit, throw a ball, with hands  
Receive – catch with hands  
Pick up – static or moving object  
Carry – run with an object in hands or on a racket  
Bounce – bounce-catch/bounce pass

### Net & Wall Games Principles

Attack – send an object into the opponent's area making it difficult for them to return it  
Defend – prevent opposition from scoring by closing space and retaining possession

## EXPERIENCES

Net & Wall based activities with an emphasis on space. A variety of activities including themes of Tennis, Badminton, Table Tennis and Volleyball. A variety of equipment including balls, nets and rackets Working in small teams Simple competition in pairs and small teams

# Year 2 | Net and Wall

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Range of movements	Moving in different directions at different speeds and levels using varied equipment
Control	Stay within an area stopping and starting on command, maintaining control of object
Agility	Change direction quickly avoiding others
Balance	Able to adjust weight to transfer into different positions
Co-ordination	Can use arms and legs simultaneously to send, receive and intercept
Safely negotiate space	Consistent in finding new spaces whilst remaining in an area and controlling an object
Changes to the body	Able to discuss the more exercise they do, the hotter they get and the need for more air
Good health	Can talk about the different types of foods and the importance of choosing sensibly when eating snacks or treats
Activity types	Can suggest activities that increase heart rate
Actions and feelings	Share with others and include all involved equally
Rules and expectations	Can follow rules given without prompt
Make judgements to improve	Provide a relevant example of what they can do better
Handling equipment	Use for its intended purpose and can work with others to collect and carry sensibly, placing it back in its correct storage position
Co-operate	Work well with others, taking turns, sharing and helping others when needed
Preparing for PE	Can dress promptly without help and keep area tidy
Listen to others	Allow others to speak and listen and respond to instructions from others
Positive attitude	Respond to instructions, do not disrupt others and offer support where needed
Respect	Share, include others equally and support/encourage others
Stay on task	Remain on task throughout the lesson with no intervention from AP
Additional key vocabulary	Definition
Space	An area which is free of others
Send	Passing an object towards another player
Receive	Catching holding or stopping an object that has been sent
Court	The area of play
Net	The central line to pass the ball over