



Waterbeach Community Primary School

Curriculum Capture for Year 2

PE: Outdoor Games: Fundamentals 2

Theme: Healthy Living

Key Knowledge

Balance with control and change direction

Move about the space changing direction with control, avoid others, stop and balance with control.

What helps us balance

- Hold body still for 5 seconds
- Concentrate, gaze at a fixed point
- Stretch arms out to either side for support.

Changing Direction

- Look where you are travelling.
- Watch out for others.



Pace and speed

Move about the space with speed, changing direction with control, avoid others, and stop with control.

- Run on balls of your feet, lengthening/shortening their stride to speed up/slow down.
- Co ordinate movement of arms with legs, it is an opposite action.
- Matching changes in speed. Lean forward to drive faster especially arms. Stand tall to maintain speed. Decide when to change pace.
- Maintain balance when changing pace.
- Push off balls of feet when changing direction.

Develop ball skills into a game.

Move about the space and can throw and often catch a ball on the move.

Rolling

- To roll the ball successfully swing arm back and then forward, release ball onto the ground, bend the knees.

Bouncing

- To bounce the ball successfully; two handed push to the ground for big balls, one handed push for smaller balls.

Throwing and Catching

- Look, aim, and use the arm to throw the ball in the right direction. Throw to head height and catch with two hands. Palms open then pull fingers around the ball. Show how your eyes are watching the ball. Hold the ball tightly.



Develop co-ordination when dribbling and passing the ball.

Pass the ball with control 3-4 metres apart and can dribble the ball showing control.

Hockey Dribble

- Have two hands on stick and stand at side of the ball. Left hand at top of stick, right hand just above half way. Ball out in front (50cm) so you can see and it does not touch the feet.
- Push pass, two hands apart on the stick left hand at top, stand sideways, knees bent, and place feet apart, look to aim, stick next to the ball. Push the stick and the ball with the right hand towards the partner. Receive the ball in the same position.

Basketball Dribble

- Use two hands to bounce the ball, push ball to the ground using one hand and then use next hand to bounce.
- Push harder for bigger bounce or softer for smaller bounce.
- Push away from body to travel with the ball.

Vocabulary

Aim	Point or direct at a target.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Concentrate	Focus all one's attention on an object or activity.
Control	Exercise restraint or direction over; dominate; command.
Direction	The course along which someone or something moves.
Pace	Speed in walking, running, or moving.
Travel	To move from place to place.
Speed	The rate at which someone or something moves.

Key Skills

Refine the skills of running successfully, changing directions on the move.

Develop throwing, catching, striking and dribbling skills and play small games.