



# Pinner Wood School



Year Group	2	Term	Autumn 1	Subject	Outdoor P.E.	Topic	Real Gym	
							Key Question	KQ: How can I develop my balance on one leg.
Prior Learning and other Curriculum Links	<p><b>Reception:</b> Balance: Exploring the hall without bumping into one another, spatial awareness and the understanding of why we teach people, children use bean bags to balance on their body and use this skill to throw to another partner.</p> <p><b>Year 1:</b> Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs.</p>					Skills statements	<p>I have begun to challenge myself. I know where I am with my learning. I try several times if at first I don't succeed and ask for help when appropriate. I can follow instructions, practise safely and work on simple tasks by myself.</p>	
Fundamentals	<p><b>Year 2:</b> Balance: Jump from 2 feet to 2 feet with quarter turn, including moving along a line. Keeping balance on both legs whilst lifting knees to 90° and heel to bottom. Be able to move cone from one side of body to other while maintain balance.</p>					Key Facts/Sticky Knowledge	<ul style="list-style-type: none"><li>- To pivot means to cause rotation, revolve, or turn around a point (stationary foot)</li><li>- To skip means to move along lightly, stepping from one foot to the other with a hop or bounce.</li><li>- To hopscotch means to move forwards and backwards, hopping on the same leg (right and left).</li></ul>	

<b>Our Curriculum Journey</b>	<b>Journey:</b> The children will begin by learning to side step in both directions with some more able learning to hopscotch forwards and backwards. The second lesson will continue to consolidate this learning but try to add more fluency and control within each movement. The fourth lesson then moves from dynamic balances to the static balance one leg balance for 10 seconds and some more able children progressing to 30 seconds and then making it a dynamic balance by squatting on one leg. The progression of this skill will be the children being able to achieve this with both legs and with more control (minimal errors).		
<b>Key Vocabulary (revisited)</b>	Forwards Backwards Sideways Roll Slow Travel Stillness	<b>Key Vocabulary (new)</b>	Controlling Shape Stretch Wide Levels