

## Fundamental Movement Skills

Children in Year 2 should develop fundamental movement skills, becoming increasingly more confident and competent in a range of gross movement skills such as Running, Jumping, Throwing, Catching, Bouncing, Kicking and Striking, developing on the skills acquired in Year 1



### Running

**All children in Year 2 should be taught to;**

- Run at different speeds
- Move along basic pathways, e.g. Straight Line, in a curve etc.
- Move along more complex pathways.
- Move safely and in space.

**Most of the children should be able to;**

- Run at different speeds, recognising the difference between walking, jogging and sprinting
- Move along a range of different pathways

**Some children will be able to;**

- Run at different speeds selecting the appropriate speed for that activity
- Move along a wide range of pathways at different speeds and will be able to think of their own pathways
- Run along a line



### Jumping

**All children in Year 2 should be taught to;**

- Begin to use the correct technique for jumping as high and as far as they can
- Explore different types of jumps
- Land Safely
- Make a simple sequence of jumps

**Most of the children should be able to;**

- Jump as high and as far as possible using the correct techniques
- Use different ways of jumping
- Land Safely, with control
- Create a sequence of jumps and show it to a partner.
- To be able to jump and display different, basic shapes whilst in the air.

**Some children will be able to;**

- Use the correct technique for jumping for height and distance improving their performance
- Jump from a standing position with accuracy and control
- Land safely with control and technique
- Create and improve a sequence of jumps, acting on feedback.



### Throwing

**All children in Year 1 should be taught to;**

- Roll a ball
- Use a simple underarm throw
- Move along basic pathways, eg Straight Line, in a curve etc.
- Remain in balance when throwing

**Most of the children should be able to;**

- Use an opposition overarm throw
- Bounce a ball when moving
- Pitch a quoit sideways

**Some children will be able to;**

- Step forward into an opposition overarm throw
- Throw an oval ball



### Catching

**All children in Year 2 should be taught to;**

- Roll a ball and pick it up as it slows down
- Catch a ball with two hands
- Remain in balance when catching

**Most of the children should be able to;**

- Stop a rolling ball with two hands.
- Jump to catch a ball
- Get into a position to catch a ball
- Catch a ball thrown by a partner, with two hands

**Some children will be able to;**

- Stop a rolling ball or quoit with one hand
- Step forward as they catch a quoit sideways
- Catch an oval ball



## Bouncing

**All children in Year 2 should be taught to;**

- Drop and catch a ball with two hands
- Push or pat the ball in a downwards motion

**Most of the children should be able to;**

- Bounce a ball when moving

**Some children will be able to;**

- Bounce using 1 hand
- Bounce a ball with control, changing hands



## Kicking

**All children in Year 2 should be taught to;**

- Use different parts of the foot to control and move with the ball
- Propel the ball forwards using a simple technique
- Move along basic pathways, e.g. Straight Line, in a curve etc. whilst dribbling the ball.

**Most of the children should be able to;**

- Use a simple technique to kick the ball forwards
- Use simple dribbling techniques to travel with the ball
- Kick a ball into a goal or target

**Some children will be able to;**

- Kick a ball along a line to a target with speed and control
- Use a simple (toe poke) and more complete (side of foot) technique to kick the ball
- Kick a ball at, or into a target with increasing consistency



## Striking

**All children in Year 2 should be taught to;**

- Roll a ball and stop it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst standing still

**Most of the children should be able to;**

- Roll a ball along a line or to a target hit it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst following a pathway

**Some children will be able to;**

- Roll a ball or a quoit along a line or to a target with speed and control, then hit it with confidence
- Hit a ball that is sitting on top of a tee.
- Hit a moving ball, passed by a partner

Children develop Agility, Balance and Coordination and start to use these in a range of activities.

\*\* should be incorporated in all activities \*\*



### Agility

Children will be able to dodge  
Children should be able to dodge, on one leg



### Balance

Children should remain in balance when throwing, catching, kicking, jumping/landing and when being pushed.

Children should be able to keep their balance on one leg

Children should be able to dodge, on one leg



### Coordination

Children should be able to walk along a line



## Play in competitive team sports, developing attacking and defending principles

### All children in Year 2 should be taught to;

- Begin to use the terms attacking and defending
- Throw and Catch a ball with a partner using different techniques
- Kick a ball whilst moving
- Pass a ball in different ways
- Begin to use throwing, catching and kicking skills in a game with some success
- Use at least one technique to attack, such as dodging to play a game with some success
- Begin to choose and use the best space in a game
- Perform learnt skills with some control
- Understand the importance of rules and follow them in simple games.
- Begin to work as part of a team.

### Most of the children should be able to;

- Begin to understand the terms attacking and defending
- Throw and catch a ball with a partner using different techniques and begin to choose the best pass to use in a game.
- Kick a ball, using the correct techniques whilst moving with some control and fluency
- Pass a ball in different ways using the correct technique in a game with increasing accuracy, confidence and success.
- Begin to apply these skills in games successfully, including dodging and marking.

### Some children will be able to;

- Explain the terms attacking and defending
- Throw and Catch a ball with a partner using different techniques and demonstrate the best pass to make in a game.
- Kick a ball whilst moving including changing direction and speed with control and confidence
- Pass a ball in different ways over a range of distances, demonstrating control and accuracy
- Confidently use throwing, catching, kicking skills in a game with control and accuracy
- Perform learnt skills with good control
- Consistently apply a range of attacking and defending skills in a game successfully.
- Use space well to pass and receive a ball
- Know how to make or deny space in a game when attacking and defending
- Follow more complex rules in games and explain the importance of having them
- Work effectively as part of a team.



## Dance with simple movement patterns

### All children in Year 2 should be taught to;

- Copy and Repeat some movements to form a simple motif
- Perform some actions in unison and canon
- Copy the movements and body shapes to represent feelings and actions
- Copy the movements of peers
- Move their body with some control
- Combine given movements to make a dance.
- Show awareness of the music by making appropriate body movements and shapes
- Copy movements and actions to tell a story
- Answer questions about their performance
- Copy the movements of others to represent different parts of a story and perform them in unison with a partner
- Perform a whole dance with prompting

### Most of the children should be able to;

- Use and remember their own movements as part of a motif
- Perform a range of actions in unison and canon
- Use different movements and body shapes to represent feelings and actions
- Evaluate the performance of others giving praise and suggestions for improvement
- Work cooperatively in a group
- Perform a range of movements at different speeds or levels showing good control
- Use movements from previous learning
- Perform a range of movements in time with the music
- Create and remember suitable movements as part of a story
- Evaluate and talk about their own performance.
- Use a mixture of unison and canon to tell a story
- Remember the structure of a whole dance and perform independently

### Some children will be able to;

- Create a range of suitable movements and remember to perform these in both canon and unison as part of a motif.
- Adapt their motif to include changes of level and add appropriate facial expressions
- Demonstrate a wide variety of movements and body shapes
- Give detailed evaluation of their own performance
- Suggest how their group might adapt their movements
- Create clear body shapes and controlled movements
- Use a variety of movements to create an imaginative dance.
- Perform and transition between a range of body movements and shapes showing good awareness of timing when performing to music.
- Adapt and improve movements and facial expressions when appropriate
- Clearly explain the structure of a whole dance and perform it confidently.
- Children should also be able to explain why their bodies feel different after exercise