

Milestones**Physical Education – Year 2**

By the end of the year, pupils who have experienced the elements of the milestones will have a 'basic' understanding and level of skill. The majority will have an 'expected' understanding and level of skill. Whilst some will have a 'deep' understanding, knowledge and level of skill.

Dance	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels before, during and after different physical activities.			
Carry and place equipment safely.			
Explain what they need to stay healthy.			
Dance Skills			
Copy, repeat and remember a range of movements.			
Create dances using a range of shapes, movements and dynamics.			
Create dances with clear starting and finishing positions.			
Use simple choreographic devices such as unison, canon and mirroring.			
Clap, stamp, tap and move to a steady beat.			
Begin to improvise with a partner.			
Move in time to music.			
Perform			
Create and perform a sequence with a clear start and finish and a range of actions in the middle.			
Perform learnt skills and movements with increasing control.			
Evaluate			
Watch and describe the performance of others and use what they see to improve their own performance.			
Talk about the differences between their work and that of others.			

Milestones

Physical Education – Year 2



Gymnastics	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body feels during and after different physical activities.			
Explain what they need to stay healthy.			
Carry and place equipment safely.			
Acquiring and Developing Skills in Gymnastics			
Practise and perform the Key Elements of gymnastics.			
Link actions to make a sequence.			
Travel in different ways, including rolling.			
Hold a still shape whilst balancing on different points of the body.			
Jump in a variety of ways and land with increasing control and balance.			
Climb onto and jump off equipment safely.			
Move with increasing control and care.			
KEY ELEMENTS – Rolling.... Roll in different ways with control and tension:			
Egg Roll			
Pencil Roll			
Dish Roll (showing tension through arch and back to dish)			
Teddy Bear Roll (complete circle)			
Rock-and-roll (from crouch and back up onto feet)			
Rock-and-roll (from shoulder stand)			
KEY ELEMENTS – Jumping and Vaulting.... Jump in different ways with control and tension:			
Straight Jump			
Star Jump			
Tuck Jump			
Half Turn Jump			
Squat jump onto low apparatus from floor.			

Milestones

Physical Education – Year 2



Gymnastics	Basic:	Expected:	Deep:
Hurdle step - 1 foot to 2 feet to 2 feet using hoops on the floor.			
Straight and star Jump off low apparatus			
KEY ELEMENTS – Balancing..... Stretch and balance in different ways with control and tension.			
Perform a variety of standing balances making interesting shapes.			
Perform a variety of kneeling balances making interesting shapes.			
Perform a variety of balances on different large and small body parts (making interesting shapes).			
Front and back support.			
Balance on or against mid-level apparatus.			
Balance with a partner.			
Use balance as the beginning and end of a sequence.			
KEY ELEMENTS – Travelling..... Travel in different ways with control and tension.			
Tiptoe, step, jump, skip and hop. All of the above: forwards, backwards, sideways and whilst turning.			
Change direction whilst travelling.			
Travel forwards and sideways along low level apparatus.			
Use the following ways of travelling with fluency: Skipping Galloping Chassis steps			
Turn in a controlled manner.			
KEY ELEMENTS – Weight on hands..... Take weight on hands in different ways with control and tension.			
Bunny hop on floor; hops above shoulders.			
Bunny hop with hands on low apparatus.			
Bunny hop side to side on floor and apparatus.			
Bunny hop side to side on floor and apparatus.			
T-lever.			

Milestones

Physical Education – Year 2



Gymnastics	Basic:	Expected:	Deep:
Performance			
Create, practise and perform a sequence of four of the key elements of gymnastics individually and with a partner on the floor.			
Create, practise and perform a sequence of gymnastics movements individually, using low level apparatus.			

Games	Basic:	Expected:	Deep:
Health and Fitness			
Recognise and describe how the body feels during and after different physical activities.			
Explain what they need to stay healthy.			
Striking and Hitting a ball			
Strike or hit a ball with increasing control.			
Learn skills for playing striking and fielding games.			
Position the body to strike a ball.			
Throwing and catching			
Throw different types of equipment in different ways, for accuracy and distance.			
Throw, catch and bounce a ball with a partner.			
Use throwing and catching skills in a game.			
Throw a ball for distance.			
Use hand-eye coordination to control a ball.			
Vary types of throw used.			
Travelling with a ball			
Bounce and kick a ball whilst moving.			
Use kicking skills in a game.			
Use dribbling skills in a game.			
Passing a ball			
Know how to pass the ball in different ways.			

Milestones

Physical Education – Year 2



Games	Basic:	Expected:	Deep:
Using Space			
Use different ways of travelling at different speeds and following different pathways, directions or courses.			
Change speed and direction whilst running.			
Begin to choose and use the best space in a game.			
Attacking and Defending			
Begin to use the terms attacking and defending.			
Use at least one technique to attack or defend to play a game successfully.			
Tactics and Rules			
Understand the importance of rules in games.			
Use at least one technique to attack or defend to play a game successfully.			
Compete/Perform			
Perform sequences of their own composition with coordination.			
Perform learnt skills with increasing control.			
Compete against self and others.			
Evaluate			
Watch and describe performances, and use what they see to improve their own performance.			
Talk about the differences between their work and that of others.			

Milestones

Physical Education – Year 2



Athletics	Basic:	Expected:	Deep:
Health and Fitness			
Recognise and describe how the body feels before, during and after exercise.			
Explain what they need to stay healthy.			
Running			
Run at different paces, describing the different paces.			
Use a variety of different stride lengths.			
Travel at different speeds.			
Begin to select the most suitable pace and speed for distance.			
Complete an obstacle course.			
Vary the speed and direction in which they are travelling.			
Jumping			
Perform and compare different types of jump: e.g. two feet to two feet, two feet to one foot, one foot to one foot.			
Combine different jumps together with fluency and control.			
Jump for distance from a standing position with accuracy and control.			
Investigate the best jumps to cover different distances.			
Choose the most appropriate jumps to cover different distances.			
Know that the leg muscles are used when performing a jumping action.			
Throwing			
Throw different types of equipment in different ways, for accuracy and distance.			
Throw with accuracy at targets of different heights.			
Investigate ways to alter their throwing technique to achieve a greater distance.			
Compete/Perform			
Begin to perform learnt skills with increasing control.			
Compete against self and others.			
Evaluate			
Watch and describe performances and use what they see to improve their own performance.			
Talk about the differences between their work and that of others.			