

Subject: Physical Education	Year group: Year 2	Topic: iexercise Workout World	Initiation & activation activities:
<p>Prior knowledge required: Children negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>		<p>Vocabulary: balance: stork, partner balance, needle, hip hop, Bollywood, Arabesque, tree, Weight lifting e.g. bicep curls, squats, treadmill, stair climber or cross trainer, stretches, push ups, planks, core strength, joints, muscles, brain, frog jumps, bear crawl, crab walk, donkey kicks, joey pouch, 5 patch balance body parts: <i>front, back, side, shoulders, bottom, statue</i></p>	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • Can they understand WHY exercise is important for our bodies and our minds. • Can they demonstrate knowledge about some changes that happen to the body when they exercise. • SEN/Supported - Can they talk about the different factors that support their overall health and well-being • Can they make links between physical exercise and mental well-being, such as feeling happy after exercise. • GD- Can they discuss the importance of exercise for our overall well-being, both physical and mental • Can they develop and extend balance, individually and with others. • Can they develop core strength to maintain balance on body parts with control in a range of activities. • Can they demonstrate static, seated and dynamic balances. 		