

Subject: Physical Education	Year group: Year 2	Topic: Pilates – Magic Bucket	Initiation & activation activities:
Prior knowledge required: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.		Vocabulary:	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• Can they copy and remember actions?</li> <li>• Can they repeat and explore actions with control and coordination?</li> <li>• Can they talk about what is different between what they did and what someone else did?</li> <li>• Can they say how they could improve?</li> <li>• Can they show how to exercise safely?</li> <li>• Can they describe how their body feels during different activities?</li> <li>• Can they explain what their body needs to keep healthy?</li> <li>• Can they start on hands and knees then bend arms to sniff what’s in the bucket, spine in Neutral, strengthening shoulder girdle and arms?</li> <li>• Can they could help and assess each other ensuring that each member is posing with good technique?</li> <li>• Can they start in position ‘a’, go a little bit lower then come back to position ‘a’ without spilling the soup, Mobilising Spine in Flexion, strengthening abdominals?</li> <li>• Can they incorporate their moves from a warm-up, moving round room as if carrying a heavy bucket?</li> <li>• Can they lift legs off the floor, no wobbling, Spine in Neutral, strengthening core, balancing on right side then on left side?</li> <li>• Can they get into ‘Hard’ position and extend top leg, Spine in Lateral Flexion, strengthening shoulder girdle and oblique’s, and hold position on right side then left side?</li> <li>• Can they perform all the moves and transitions together as a whole group to the music?</li> <li>• Can they perform a one Leg Stretch - 10 circles clockwise with right leg, then 10 circles anti-clockwise, Spine in Neutral, strengthening core and mobilizing hip joint, and then repeat with left leg?</li> <li>• Can they move round room as if going carrying bucket on head?</li> <li>• Can they pose kneeling swimming – Bucket of slugs balanced on back?</li> <li>• Can they pose with opposite arm and leg stretch out, 10 times each</li> </ul>		

	<p>side, no wobbling, don't drop the bucket, spine in Neutral, strengthening core, shoulder girdle and back muscles?</p> <ul style="list-style-type: none"><li>• Can children assess each other?</li><li>• Can children pose holding Bucket of frog spawn in hands, arms stretched out in front, off the floor, spine in Extension, strengthening back muscles, legs lifted?</li><li>• Can they perform all the moves and transitions together as a whole group to the music?</li></ul>		
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