



Y2 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Y2 - Sports	Skills covered	Y2-Fitness	Skills covered	Y2-Health	Skills covered
Multiskills	<ul style="list-style-type: none"> form a static balance with a stable base combine a number of coordination drills using upper and lower body throw a ball with correct speed and strength travel in different ways showing clear transitions maintain balance when changing direction use skills learned in a game 	Boot Camp	<ul style="list-style-type: none"> understand what happens to heart rate during exercise. understand how to prepare the body for exercise complete a range of activities showing stamina and increasing balance and coordination 	Body Parts and their functions	<ul style="list-style-type: none"> name describe and compare body parts describe structure and function of skeleton identify location and function of muscles understand that the brain is an organ and describe its function understand that the heart and lungs are organs and what their functions are recognize the organs involved in digestion and their functions.
Ugly Bug Ball Dance	<ul style="list-style-type: none"> explore different levels and speeds of movement compose and perform simple dance phrases show contrasts in dance with good body shape and position develop range of dance movements and improve timing work to music with rhythm and control 	Mighty Movers (running)	<ul style="list-style-type: none"> run efficiently using the arms run with balance and control explain the purpose of a circuit and how it can improve fitness 	Healthy mind, emotions and goals	<ul style="list-style-type: none"> Recognise and label emotions. Consider emotions in specific situations Explain how to deal with emotions Set a goal and decide how to work towards it. Assess whether they have achieved a goal.
Groovy Gymnastics	<ul style="list-style-type: none"> Remember and repeat simple gymnastic actions with control Balance on isolated parts using the floor and hold balance Develop other balances link and combine a number of gymnastic actions into a sequence. Explore ways to move on apparatus (that our context allows) 	Skip to the beat	<ul style="list-style-type: none"> Perform skipping moves with agility, balance and control Explore ways to jump/hop with balance and accuracy Skip with control and balance 	Hygiene, medicine and exercise	<ul style="list-style-type: none"> explain how to be hygienic to prevent the spread of germs explain how to look after teeth recognize the symptoms of illness and how medicine may be used as a treatment understand the potential dangers of medicine recognize that exercise helps us physically and mentally
Brilliant ball skills	<ul style="list-style-type: none"> use hand eye coordination to control and ball catch a variety of objects 	Gymfit circuits	<ul style="list-style-type: none"> suggest ways to improve balance 	Body protectors and body changes	<ul style="list-style-type: none"> explain how our body is designed to protect us



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	<ul style="list-style-type: none"> • vary throws: overarm, underarm and bounce • kick and move with a ball • use ball skills in a mini festival: understanding basic rules and demonstrating sporting behaviour 		<ul style="list-style-type: none"> • evaluate performance within a circuit 		<ul style="list-style-type: none"> • develop understanding of how body changes over time • explain how senses can help to protect us • explain how different parts of our body are involved in the healing process
Throwing and catching (Fielding games)	<ul style="list-style-type: none"> • throw a ball underarm with accuracy • position the body to strike a ball • know best technique for catching a ball • throw a ball for distance • describe tactics and skills to play a game 	Cool Core	<ul style="list-style-type: none"> • improve core strength and agility • use balance to improve core strength and agility 	Relationships with others and opinions	<ul style="list-style-type: none"> • examine positive relationships with friends and adults • recognize when relationships with friends can cause negative feelings • understand the meaning of fair and unfair • I can explain my opinion
Active athletics	<ul style="list-style-type: none"> • Run with agility and confidence for distance and sprints • Throw objects in a variety of ways • Hurdle an obstacle maintaining running style • Jump for distance with balance and fluency 	Fitness frenzy	consolidate previous progressions	Diet and vitamins	<ul style="list-style-type: none"> • explain with confidence and a developing vocabulary why food and a healthy diet is important • understand that different portions of food gives us different amounts of energy • explain that vitamins for health are found from different sources.