

Year 2 – Unit 2 – Social

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	Master basic movements including jumping.	<b>Dynamic balance to agility</b> Jumping and landing	<b>Maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to jump from 2 feet to two feet with a quarter turn in both directions.</li> <li>- To know how to stand on a line and jump from two feet to 1 foot and freeze on landing.</li> </ul>	<b>Maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to jump from 2 feet to two feet with 180 degree turn in either direction.</li> <li>- To know how to complete a tucked jump.</li> <li>- To know how to complete a tucked jump with a 180 degree turn in either direction.</li> </ul>
4 - 6	Develop balance, agility and co-ordination.	<b>Static balance</b> Seated	<b>In a seated position with no hands or feet touching the floor:</b> <ul style="list-style-type: none"> <li>- To know how to pick up a cone from one side, swap hands and place it on the other side.</li> <li>- To know how to return the cone to the opposite side.</li> </ul>	<b>In a seated position with no hands or feet touching the floor:</b> <ul style="list-style-type: none"> <li>- To know how to pick up a cone from one side and place it on the other side with the same hand.</li> <li>- To know how to return the cone to the opposite side using the other hand.</li> <li>- To know how to sit in a dish shape with straight arms and legs and hold it for 5 seconds.</li> </ul>