

Year 2 – Unit 3 – Cognitive

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	Dynamic Balance On a line	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to walk fluidly, lifting knees up to 90°. - To know how to walk fluidly, lifting heels up to bottom. 	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to perform a marching action, lifting knees and elbows up to a 90 degree angle. - To know how to walk fluidly with a heel to toe landing. - To know how to walk fluidly, lifting knees up and using a heel to toe landing. - To know how to walk fluidly, lifting heels up to bottom and using a heel to toe landing.
4 - 6	<i>Master basic movements including throwing and catching.</i>	Static Balance Stance	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to stand on a low beam with a good stance for 10 seconds. 	On a line and then a low beam, maintaining balance: <ul style="list-style-type: none"> - To know how to receive a small force from various angles. - To know how to raise alternate feet five times. - To know how to raise alternate knees five times. - To know how to catch a ball at chest height and throw it back.