

Year 2 – Unit 5 – Physical

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>To develop fundamental movement skills and extend their agility, balance and coordination, individually and with others.</i>	Coordination Sending and receiving	With right and left hand against a wall or with a partner (3 to 5 metre distance): <ul style="list-style-type: none"> - To know how to throw a tennis ball and catch it with the same hand after one bounce. - To know how to throw a tennis ball and catch it with the same hand without a bounce. 	With both right and left hand/foot, against a wall or with a partner (at least five times in a row): <ul style="list-style-type: none"> - To know how to strike a ball with alternate hands in a rally. - To know how to kick a ball with the same foot. - To know how to kick a ball with alternate feet. - To know how to roll two balls alternately using both hands, sending one as the other is returning.
4 - 6	<i>(To have) opportunities to extend their agility, balance and coordination.</i>	Agility Reaction/response	From a distance of 1, 2 and 3 metres: <ul style="list-style-type: none"> - To know how to react quickly and catch a tennis ball dropped from shoulder height after one bounce. 	From a distance of 1, 2 and 3 metres: <ul style="list-style-type: none"> - To know how to react quickly and catch a tennis ball dropped from shoulder height to one bounce, balancing on one leg.