

Year 2 – Unit 6 – Health and Fitness

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Develop their core strength, stability, balance, spatial awareness, co-ordination, and agility.</i>	Agility Ball chasing	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to throw a bouncing ball, chase and collect it in a balanced position facing the opposite directions. - To know how to chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction. 	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to roll and chase a large ball, stopping it with my knee sideways onto the ball facing the opposite direction.
4 - 6	<i>Demonstrate strength, balance and coordination when playing.</i>	Static balance Floor work	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to place a cone on my back and take it off with the other hand in a mini front support. - To know how to hold a mini back support position. - To know how to place a cone on my tummy and take it off with the other hand in a mini back support. 	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to hold a full front support position. - To know how to lift 1 arm and point to the ceiling with either hand in a front support. - To know how to transfer a cone on and off my back in a front support.