

PE - Fitness
Woodpeckers - Yr 2/3

Enquiry Questions

Year 2

Can I understand how to run for longer periods of time without stopping?

Can I develop co-ordination and timing when jumping in a long rope?

Can I develop individual skipping skills?

Can I take part in a circuit to develop stamina and agility?

Can I explore exercises that use my own body weight?

Can I develop 'ABC,' agility, balance and co-ordination?

Year 3

Can I develop an awareness of what my body is capable of?

Can I develop speed and strength?

Can I complete actions to develop co-ordination?

Can I complete actions to develop agility?

Can I complete actions to develop balance?

Can I complete actions to develop stamina?

Vocabulary

speed

pace

distance

sprint

jog

steady

strong race

oxygen

balance

agility

co-ordination

speed

pace

control

muscle strength

steady progress

stamina

National Curriculum Links

Year 2

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Year 3

Pupils should develop an understanding of

how to improve in different physical activities and learn how to evaluate and recognise their own success.

Pupils should be taught to develop flexibility, strength, technique, control and balance.

Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Questions to Consider...

Can you notice a difference in how exercise makes you feel physically?

How does your body feel after exercise?

What changes can you notice in your body after you exercise?

What part of your body can you feel working?

What do you notice about your breathing?

Can you notice a difference in how exercise makes you feel physically?

Can you describe what your body feels like after an event?

Can you notice a change in your heart rate?

Are there some activities that make you feel more or less tired? What part of your body can you feel working?

Do you know what muscles are being used?

PE Value for the half term : Equality & Diversity and Resilience