## Physical Education Vision Map

Year 2 – Fitness

Crucial Knowledge	Intent
• My heart in in my chest (near my school badge)	<ul> <li>Making my heart beat faster</li> </ul>
My heart holds blood	<ul> <li>Understand the changes in my heartbeat</li> </ul>
	<ul> <li>Keep my body moving for longer</li> </ul>
<ul> <li>My heart beats faster when I move a lot</li> </ul>	• Running
<ul> <li>Moving my body helps to keep me healthy</li> </ul>	



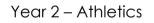
Crucial Knowledge	Intent
A group is three or more people	Working with a friend
<ul> <li>A team is a group of people working together to win</li> <li>Team work means listening to each person in my team</li> <li>Talking in my team means sharing ideas and asking for help</li> </ul>	<ul> <li>Working with lots of friends in a group</li> <li>Team work: listening and watching</li> <li>Team work: talking</li> </ul>

Crucial Knowledge	Intent
<ul> <li>Dance is when we move to music</li> </ul>	<ul> <li>Ways my body can move</li> </ul>
<ul> <li>Sequence means in an order</li> <li>Gymnastics is when our body is strong whilst balancing.</li> </ul>	Dance moves
	Dance sequences
	Gymnastics: roll, jump, balance
	Gymnastic sequences

## Year 2 – Attacking and defending

Crucial Knowledge	Intent
<ul> <li>Attack is when you try to get something</li> </ul>	<ul> <li>Scoring a point</li> </ul>
<ul> <li>Defend is when you try to stop something</li> <li>A point is a score. We get this when we win.</li> </ul>	<ul> <li>How to get more points</li> <li>Defending: stopping others from getting points</li> <li>Better defending</li> </ul>

Crucial Knowledge	Intent
There are lots of different size and shapes of ball	Exploring a ball
Different sports use different balls	Rolling and throwing
Rolling is where the ball travels along the floor	Catching
Throwing is where the ball travels in the air	Kicking
We use our feet to kick	<ul> <li>Aiming towards a target</li> </ul>
<ul> <li>A target is where we want the ball to go</li> </ul>	
<ul> <li>An aim is when we try to get the ball in a target</li> </ul>	



Crucial Knowledge	Intent
A sprint is running as quickly as you can	• Sprint
Distance means a long way.	<ul><li>Distance throwing</li><li>Jumping</li></ul>
<ul> <li>I bend my knees when I jump and land on both feet</li> </ul>	