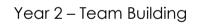
Physical Education Vision Map

Year 2 – Fitness

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



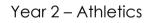
Crucial Knowledge	Intent
A group is three or more people	Working with a friend
 A team is a group of people working together to win Team work means listening to each person in my team Talking in my team means sharing ideas and asking for help 	 Working with lots of friends in a group Team work: listening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

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

Year 2 – Attacking and defending

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

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	 Aiming towards a target
 A target is where we want the ball to go 	
 An aim is when we try to get the ball in a target 	



Crucial Knowledge	Intent
A sprint is running as quickly as you can	• Sprint
Distance means a long way.	Distance throwingJumping
 I bend my knees when I jump and land on both feet 	