

# Year 2 - Multi-Skills - HT6



**Prior Learning:** In year 1, children learned different ways of balancing on the floor- on objects and low apparatus. They learned how to pick up objects in competitive games situations and to change direction (agility) when moving. They learned how to move in a variety of ways with control on their own and with equipment (co-ordination) .They also practiced their throwing and catching skills with a variety of objects.

## Physical Me

## Key Skills

-**Balance** - On the floor, equipment (on body), low apparatus

-**Agility** - Running games



- **Co-ordination** -**Skipping, hopping, jumping, running**  
 - **Throwing** at a target  
 - Moving with equipment in different directions

## Thinking Me

- To remember my skills

## Value Me:

- Kindness

## Social Me

- Taking it in turns

## Key Vocabulary

Paces

Balance

Control

Personal best

Apparatus

Space

Skipping

Run

Direction

## Key Knowledge

### Balance:

**Head** – Look forward  
**Shoulders** – Arms in line  
**Knees** – Slightly bent  
 and **Toes** –Light feet

**Direction**- You can change direction when running  
 - it is important to keep your balance as you turn your body

**Space** - When moving around, find a space to run, jump, jog, move.

**Paces** - How many steps you take

I can statements



Balance on low equipment with good control

Changing direction quickly with good balance and control (agility)

Co-ordinating body whilst beginning to move at different speeds with various equipment

Complete challenges as a team in various running/ obstacle games and working to improve performance

Anything else you have learnt? What have you enjoyed?