



PE		Year 2	
Focus: Fitness			
Age related vocabulary			
speed	How fast or slow you are moving	pace	How fast you are running
distance	How far you travel or move	steady	Running or moving at a slow pace
sprint	Running at a fast speed	race	A competition against others
jog	Running at a slower, more relaxed speed		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can understand how to run for longer periods of time without stopping	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop co-ordination and timing when jumping in a long rope	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop individual skipping	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can take part in a circuit to develop stamina and agility	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore exercises that use my own body weight	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop agility, balance and co-ordination (ABC)	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge

Agility is changing direction quickly and easily

Balance is staying upright and staying in control of your own body

Coordination is moving two or more body parts at the same time, keeping movements under control.

Stamina – moving for a constant amount of time, you need to move at a steady pace so you don't get too tired too quickly.