



PE		Year 2	
Focus: Fundamentals			
Age related vocabulary			
dodge	A quick movement to avoid someone	hurdle	Jumping over an object while running
jog	Running at a steady gentle pace	speed	How fast or slow you are moving
sprint	Running at a fast pace	steady	Well balanced, not shaking or moving

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can develop balance, stability and land safely	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore how my body moves differently when running at different speeds	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can change direction and dodge	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore jumping, hopping and skipping actions	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop co-ordination and combine jumps	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can combine jumping and skipping in an individual rope	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • When landing from a hop, skip or jump, bend your knees and put your heels on the floor to help you stay balanced. • To sprint, lift your knees high and move your hands from pocket to mouth, use big strides and sprint on the balls of your feet • Remember to keep your head up when sprinting, jogging, hopping, skipping or jumping so that you don't bump into anyone • Change direction quickly when you are dodging • Swing your arms to help you jump higher and further