



Multi-Skills

This term in **Multi-Skills**, we will be using the skills we learned last term and start using sports equipment. We will still be practising our Fundamental Skills.

Tennis rackets

Develop balancing a tennis ball on a tennis racket with more control making sure I hold the racket correctly. I will also start to work with a partner to hit a ball.



Footballs

Develop changing direction at different speeds with a football using my feet and travelling in different ways. We will also work in small groups to send and receive a ball.



Hockey sticks

Develop co-ordination with a hockey stick and ball exploring using the correct grip.

PE: Year 2 Multi-Skills (Sports Specific)

Key Skills

Practise my agility by changing direction and speed.

Practise my balance by moving my body at different speeds and in different ways.

Practise my co-ordination by working with others and with equipment.

Progress my fundamental skills working with a partner and a group.

Perform and explore different ways of travelling including forwards, backwards and sideways using jumping, skipping, hopping, running and walking.

Choose speed and distance and vary them depending on the task.

Recognise and describe how my body feels before, during and after exercise.

Equipment

Footballs, larger soft balls
Tennis balls and rackets
Hockey sticks
Beams

Beanbags
Cones
Bibs
Hoops

Key Vocabulary

Travelling

To move from one place to another.

Speed

To move different parts of the body as quickly as possible.

Distance

How far it is from one place to another.

Exercise

To simply move our bodies.

Spatial awareness

Being aware of your surroundings and understanding how to move safely.



Multi-Skills games I'll play in Year 2

Shark tag

Escape from the Zoo

Stuck in the mud

Get out of my swamp

Rob the bank

Traffic Light game