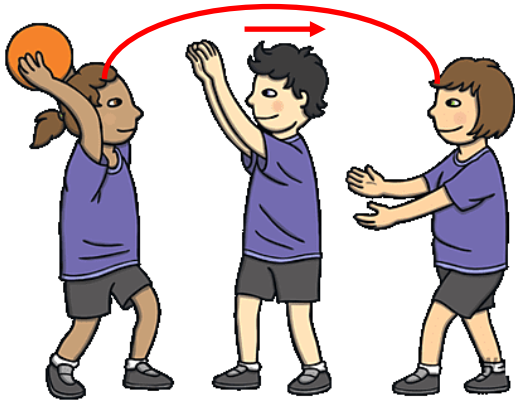


Year 2: Physical Education

Warm Up

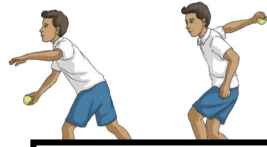
We need to warm up before we exercise to pump blood around our bodies, move our joints and stretch our muscles.
You can check if you have warmed up by feeling your heart pump faster!

Games: Piggy in the Middle



You need to throw the ball to your partner without the person in the middle catching it.

You can use:



underarm throw



overarm throw

You will practise:

- throwing longer and shorter distances
- dodging and swerving
- reacting to your opponents actions
- adding rules to make the game more challenging or easier

Exercise regularly to stay physically and mentally healthy.

You could: walk or cycle to school, run around the playground, play games outside or do other vigorous exercises.

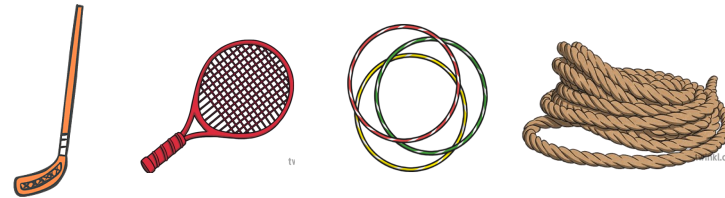
Routines and habits, such as drinking plenty of water and exercising every day, will help you keep positive mental health.

Outdoor and Adventure: Gone Fishing

Plan and share ideas

- Talk about how you can solve the problem.
- What is the best way to do it?

Select suitable resources



Problem solving

- Listen to the ideas of others.
- Do not take over the group.
- Work as a team.
- Share the resources.
- Do not be afraid of changing your method if it does not work.



Tackling a task

- What could go wrong?
- What works well?
- Can you do anything else?
- Can you improve?

Vocabulary

dodge	avoid something or someone
heartbeat	pulses of the heart
mental wellbeing	your thoughts, feelings and emotions
physical health	the health of your body
regular exercise	doing exercise each day to stay healthy
routines	actions done again and again
slalom	move or race down a path, avoiding obstacles
swerve	sudden change of direction
vigorous	strong, healthy and full of energy

Vocabulary

challenges	difficult tasks to overcome
discuss	talk about a situation or problem before acting on it
habits	things you do often that are hard to stop
plan and do	think of ideas and then do them
problem solving	identifying a problem, thinking about how you could solve it, and then solving it
work together	work as a team or group to achieve something