

# Year 2: Physical Education

## Warm Up

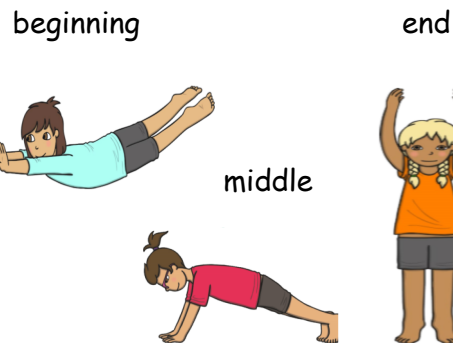
We need to warm up before we exercise to pump blood around our bodies, move our joints and stretch our muscles. You can check if you have warmed up by feeling your heart pump faster!

### Dance: How Does It Feel?

You will perform movement phrases using a range of body actions and body parts.



Compose and link movement phrases to make simple dances with clear beginnings, middles and ends.



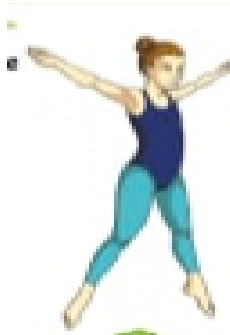
**Exercise regularly to stay physically and mentally healthy.**  
 You could: walk or cycle to school, run around the playground, play games outside or do other vigorous exercises.  
 Routines and habits, such as drinking plenty of water and exercising every day, will help you keep positive mental health.

### Gymnastics: Unit 2

Straight shape

Tuck shape

Star shape



A gymnastic sequence includes a balance, a travelling action, a jump and a roll.



starting position

finishing position

Key Questions:

Can you show different levels in your sequence?

Which parts of your body have to work really hard to keep you still in your starting and finishing shape?

### Vocabulary

bounce	To spring back from a surface in a lively manner.
gallop	To run rapidly in leaps like a horse.
hop	To make a short, bouncing leap.
jump	To leap or spring over.
sideways	Moving, facing, or directed towards one side.
skip	To jump lightly over.
spin	To cause a spinning or whirling motion.
statue	To stand still.
turn	To move around or partly around.

### Vocabulary

copy	To imitate something.
curled	To form into a spiral or curved shape.
narrow	To be thin, not broad or wide.
sequence	The following of one thing after another.
swing	To move to and fro. To sway.
take off	A starting point.