

# 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: Mini Tennis

The aim is to score points by hitting a ball over a net.  
Equipment you will need:



### Athletics: Colour Match

Throwing different pieces of equipment as accurately as possible in order to hit targets.  
Equipment you will need:



### Vocabulary

aiming	The ability to hit the ball exactly where you want it to go.
catch	To bring your racquet down at the side of the ball at the same speed and then cup under it down near your waist or knees.
controlling	How well you are able to move the ball.
direction	Your opponents shot could be either an 'inside ball' or an 'outside ball'.
feed	Throwing the ball to a partner to allow them to practice a shot.
rally	A sequence of back and forth shots between players.
scoring	Counting the points earned.
tracking	To follow another player's movements.



moving into different positions to catch the ball



striking the ball with a suitable technique



aiming the ball into space



feeding using a suitable technique

We need to be active everyday so that we can keep our bodies and minds healthy. A healthy mind is just as important as a healthy body! If we are inactive this contributes to us being unhealthy. If we are unhealthy we might put on weight, struggle to do some things, not sleep as well and generally not be as happy as we could be.



If you are worried about your physical or mental health remember to talk to a trusted adult.



choosing an appropriate throwing action for the distance



using underarm throws accurately



using overarm throws accurately



reaching the target with most of their throws



selecting appropriate equipment for the task



identifying and describing different throwing actions

### Vocabulary

beanbag	A bag filled with dried beans used for throwing.
cooling down	Allowing the body to gradually return to resting.
oxygen	A part of the air that we breathe.
technique	A basic movement that you develop through training.
warming up	An activity that raises your body temperature and increases blood flow to your muscles.