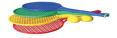
## Year 2: Physical Education

## 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:







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

## Athletics: Colour Match

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



using

accurately

technique



appropriate throwing

action for the distance

choosing an



identifying and equipment for the task describing different throwing actions

using underarm

throws accurately

13/	
	11.1
overarm throws	reaching the target

with most of their throws

	V ocabalal y	
Marie Alleria	beanbag	A bag filled with dried beans used for throwing.
	cooling down	Allowing the body to gradually return to resting.
	ovvoon	A pant of the air that we

oxygen	A part of the air that we breathe.

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

An activity that raises your warming up body temperature and increases blood flow to your muscles.

A basic movement that you

develop through training.

