**Year 2**

**PE Skills List**

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|  | I can show the difference between fast/ slow, jumping/ landing, 1 foot to 2 feet, throw over a raised obstacle, different styles of running. | I can bend my knees to initiate a turn. | I can swing my arm to throw. | I can say how we help ourselves jump higher, throw further and run faster. | I can discuss how I can improve my performance. | I can describe how warm and tired I feel after running quickly compared with sometimes moving more slowly. | I can say why I must not rush about too close to one another or a wall, or around equipment. | I can send a ball accurately using a variety of styles to a partner or target and receive them with control. | I can pass a ball to a point and then kick/ strike/ throw it to a target. | I can show how I keep the ball away from my opponents and send it to the best places to score a point. | I can discuss the importance of stopping the ball prior to kicking/ striking in order to score. | I can create a short sequence of movements which can be repeated or taught to a partner. | I can put together a sequence which moves from the floor to a tall stretch making movements, strong and sudden. | I can describe the shapes used in my own dance and compare them with the shapes in other dances. | I understand that moving silently is important to raising the quality of my performance. | I can describe how my muscles feel after holding a still shape. | I am aware of others working in the space around me. |  I can watch a ball carefully as it comes over the net and move my feet appropriately. | I can discuss the game. | I can explore skills e.g. balance, take-off and landing and rolling. | I can repeat and move smoothly from one to another. | I can link together 4 actions with a start and finish position. | I can move in different ways e.g. on feet, hands and feet. |
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|  | I can describe my own shapes and those observed by others. | I can identify the best shapes and give suggestions e.g. straighter, toes pointed. | I can talk about how to move without bumping into others. | I can describe how my heart pumps faster when I am running about. | I can hit a ball to a target away from fielders. | I can work as a team to return the ball to the feeder. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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