

Year 2 Multisports

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through keep fit. In addition, we evaluate and recognise our own successes.

Multisport

We will learn to develop fitness and strength through effective warming up, fitness training and stretching to build stamina to complete an exercise class. We will combine what we have learnt from gymnastics, circuit training, invasion games and yoga into a variety of multisport games.

Key Vocabulary			
run	kick	space	slide
jump	slide	heart rate	roll
throw	balance	catch	breath
hit	position	teamwork	share



Questions to develop learning	5-star self-rating
Did I have fun during our PE lessons?	★ ★ ★ ★ ★
Did my fitness improve?	★ ★ ★ ★ ★
Did I play a variety of different sports?	★ ★ ★ ★ ★
Do I know how to play more active games?	★ ★ ★ ★ ★
Has my stamina improved during the lessons?	★ ★ ★ ★ ★
Has my enjoyment of being active increased?	★ ★ ★ ★ ★