

PE Knowledge Mat / Success Criteria: Year 2

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance	<ul style="list-style-type: none"> • Make short dance phrases that express moods and feelings • Repeat a short dance phrase, improving control • Perform short dance phrases using rhythm and movement • Use music to guide dance phrase 	<ul style="list-style-type: none"> • Talk about different stimuli for the start of dance phrases • Explore actions in response to a stimuli • Explore ideas, moods and feelings by improvising and experimenting with movement 	<ul style="list-style-type: none"> • Know how their bodies feel after dance activities • Know that they need to warm up and cool down for dance 	<ul style="list-style-type: none"> • Say what they like and dislike, giving reasons • Show an understanding of mood and describe how dance makes them feel
Gymnastics	<ul style="list-style-type: none"> • Perform a range of actions with control and coordination • Repeat sequences of gymnastic actions • Move smoothly from a position of stillness to a travelling movement • Move smoothly from a position of stillness to another 	<ul style="list-style-type: none"> • Create, repeat and perform a short sequence • Include apparatus or a partner • Vary sequence using floor, mats and apparatus 	<ul style="list-style-type: none"> • Explain how they and their bodies feel after gymnastics • Recognise and avoid risks when handling and placing apparatus 	<ul style="list-style-type: none"> • Describe their own or their partners sequence accurately • Choose one aspect of their performance to improve and say how to improve it
Games	<ul style="list-style-type: none"> • Perform a range of throwing, rolling, striking, kicking and gathering skills • Show good awareness of others in running, catching and avoiding games 	<ul style="list-style-type: none"> • Choose and use tactics to suit different situations • React to situations in a way that helps partner and makes it difficult for opponents • Know how to score and keep the rules of the game 	<ul style="list-style-type: none"> • Understand and describe changes in their heart rate • Begin to anticipate what they will feel like after playing games 	<ul style="list-style-type: none"> • Watch and describe performances accurately • Recognise what is successful • Copy actions and ideas and use to improve own performance

Main progression points:

- ❑ Create short phrases/sequences (3/4 movements)
- ❑ Explore ideas, moods and feelings through movements
- ❑ Create & perform short sequence (3/4 movements)
- ❑ Include apparatus or a partner
- ❑ Range of throwing, rolling, striking, kicking and gathering skills – accurate in aim and connection
- ❑ Know how to score and keep rules of game