

Band 2 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance



Steps

Swimming

Jump in from the poolside safely

I can jump into the pool with confidence

Blow bubbles underwater with nose and mouth submerged

I can blow bubbles with my mouth and nose underwater

Regain upright position from a back or front float

I can put my feet on the bottom after floating on my front or back

Push and glide on the back from the side of the pool

I can push off from the side of the pool and float on my back

Perform a 360 degree rotation from front to back and back to front

I can float on my front, spin onto my back and then back onto my front again

Diet and Hygiene

Identify different foods that contain vitamins A B and C and understand the importance of having the right amounts

I can say why vitamins A, B and C are important and give examples of foods that contain them

Identify the 5 types of food that make up a balanced diet and begin to give examples of these

I know about the 5 main food groups and can give examples of these

Understand the difference between an illness, symptom and a prescription

I know what an illness is, and that a symptom is a sign of that illness. The doctor can give me a prescription for some medicine to help cure the illness

Understand the importance of maintaining your teeth

I know why I need to take care of my teeth

Healthy Bodies

Identify and name some large bones and muscles and explain why they are important

I can name some of the bones and muscles in my body and say why they are important

Identify the importance of our senses and explain how they help us

I know what my senses are and can explain how they help me

Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body

I can describe the main functions of the heart

Understand that food is broken down into energy in our digestive system

I understand that food gives me energy as I digest it

Identify ways we can increase our own bodies protection

I can list ways to help protect my body

Healthy mind

Begin to recognise emotions in others

I can tell when other people are happy, sad, worried, etc.

Offer suggestions as to how to alter a negative emotion

I can suggest ways of making someone happier if they are sad

Explain the reasons why a target has or has not been met

I can give reasons why I have been successful or why I have failed in a task



Personal and social

Understand the difference between fair and unfair

I know when someone is being treated fairly or unfairly

State the characteristics of a good friend

I know what makes a good friend

Understand that some relationships can be challenging at times

I know that sometimes I can disagree and fall out with people but that breakdowns in relationships can also be repaired

Explain his/her own relationships with family members

I can explain the different relationships within my family

Applying skills and using tactics

Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.)

I can select the most appropriate skills and actions to perform at my best

Evaluating and improving performance

Compare his/her performance with others

I can say how well I have done compared to others

Acquiring and developing skills

Zig zag through a series of tightly spaced markers

I can run in between posts placed in a long line bending my legs and body to help me change direction

Hop along a straight line using the same foot

I can hop on one leg from one place to another, using my arms to help me balance, without putting my other foot down

Jump for distance controlling the landing

I can jump a long distance using my arms and legs to help push me forward and landing safely with my knees bent and my feet together

Jump for height with a controlled landing

I can jump high, bending my knees and swinging my arms to help move me higher and land with knees and ankles bent

Catch a small ball

I can catch a tennis ball by placing my body in line to meet the flight of the ball and I cup my hands so the ball cannot bounce out

Throw a small ball overarm, using the correct technique

I can throw a small ball overarm, over a longer distance, using my arms and body, to accurately reach a target

