

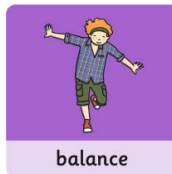
Year 2 Physical Education Must Knows - RealPE and RealGYM



Top Vocabulary

Agility - move and change the direction and the position of the body	Balance - Hold a position without falling
Co-ordination - control different body part movements at the same time	Movement - moving the large muscles in the body
control - means your body is doing what your mind wants it to do	Rules- Instructions set by an adult that tell you what to do in an activity
heart - a large muscle that pumps blood around our bodies	muscle- tissue in the body that moves parts of the body
sequence - repeated and/or organized patterns of movement.	oxygen - is a chemical in the air that we breathe. We need it to survive.

Fundamental Movement Skills (ABC's)



Warm up

We warm up our bodies and minds to get ready for exercise.

Cool down

We do a cool down to help the body recover safely from exercise.

Learning focus cogs

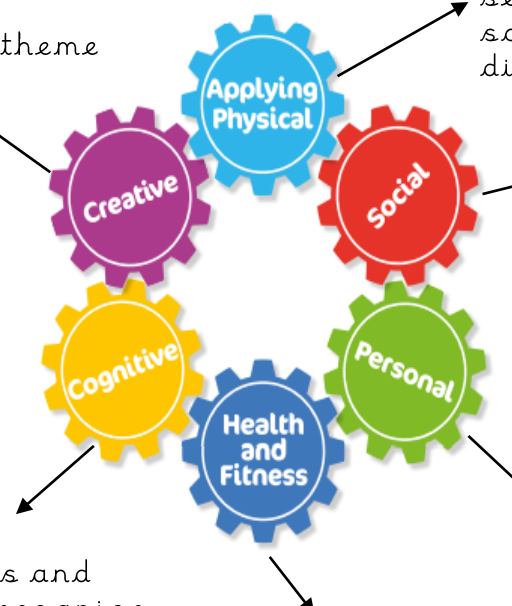
I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme

I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed

I can help praise and encourage others in their learning

I try several times if at first I don't succeed and I ask for help when appropriate

I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely



Body changes in exercise

When we exercise our body changes. Our heart beats faster in order to pump blood around our bodies to our muscles. We also breath faster as our muscles need oxygen. After exercise we feel tired and our muscles ache.

I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well



RealGYM

The skill element of real gym is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation.

