

Year 2 Medium Term Planning - AUTUMN TERM

Date	Activity	Focus
08.09.2022	Agility, balance and co-ordination. Pacing - gears.	Develop FUNdamental movement skills. Teach running a skill.
15.09.2022	Agility, balance and co-ordination. Pacing - mini bronco.	
22.09.2022	Skips and hops. Throwing - messy bedrooms.	<p align="center"><b><u>Body control and awareness</u></b></p> <p>Further develop agility, balance and co-ordination through chasing and avoiding games. Teach and develop footwork patterns such as multi-directional bounds/jumps, skips and hop scotch.</p> <p align="center"><b><u>Gross motor skills</u></b></p> <p>Main focus on throwing. Secondary focus on catching and striking.</p> <p>All lessons have a running component.</p>
29.09.2022	Bounces and hops. Throwing - wild west.	
06.10.2022	Bounces/hops->hop scotch. Throwing - treasure chest.	
13.10.2022	Skips and hop scotch. Throwing - pirate ships.	
20.10.2022	Rubix cube - dynamic balance. Striking - Whack it back.	
03.11.2022	Innies and outies - agility. Throwing/striking - Maze runner.	
10.11.2022	Shark attack - agility. Power ball (Gladiators) - agility.	<p align="center"><b><u>Body control and awareness</u></b></p> <p>Further develop agility, dynamic balance and co-ordination through chasing and avoiding games. Co-ordinating body parts to move equipment e.g. ball.</p>
17.11.2022	Tennis ball challenges - co-ordination. Guardians of the galaxy - sending skills.	
24.11.2022	Ball tag + reverse ball tag - co-ordination. Whack a mole - striking skills.	

01.12.2022	Capture the flag - co-ordination. Clear the goal - sending skills.	Main focus on sending skills. Secondary focus on catching.  All lessons have a running component.
08.12.2022	Team tag - agility. Hit the target - sending skills.	