

# Physical Education Key Skills

## Year 2

Team games	Physical skills	Dance	Activities to develop balance, agility and co-ordination
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Physical skills include: running, jumping, throwing, catching, balancing

<b>Supporting health and fitness</b>	To know it is important to warm up before exercise
	To know why physical activity is good for my health
	To know ways that my body changes during physical activities
<b>Physical competence</b>	To know some tactics that apply to an activity
	To use skills appropriate to the activity in which I am participating
	To move carefully with control
	To repeat and explore skills
	To give feedback to others about their performance
	To talk about the differences between my own and others' performances
	To make changes to my performance using advice from others
	To copy skills I have been shown with some accuracy
<b>Personal skills</b>	To know some simple rules to a game
	To act as a part of a team
	To encourage team members
	To behave well if things aren't going to plan