



Year 2 End of Year Physical Education Expectations

Working at the Expected Standard (EXP):

Pupil(s) are confidently and independently able to apply their knowledge:

Diet and Hygiene

- To identify different foods that contain vitamins A B and C and understand the importance of having the right amounts.
- To identify the five types of food that make a balanced diet and give examples of these.
- To understand the differences between an illness, symptom and prescription.
- To understand the importance of maintaining your teeth.

Healthy Bodies

- To identify and name some large bones and muscles and explain why they are important.
- To identify the importance of our senses and explain how they help us.
- To understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body.
- To understand that food is broken down into energy in our own digestive system.
- To identify ways in which we can increase our own bodies protection.

Healthy Mind

- To recognise emotions in others.
- To offer suggestions as to how to alter a negative emotion.
- To explain the reasons why a target has or has not been met.



Personal and Social

- To understand the differences between fair and unfair.
- To state the characteristics of a good friend.
- To understand that some relationships can be challenging at times.
- To explain his/her own relationship with family members.

Acquiring and Developing Skills

- To zig zag through a series of tightly spaced markers.
- To hop along a straight line using the same foot.
- To jump for a distance, controlling the landing.
- To jump for a height with a controlled landing.
- To catch a small ball.
- To throw a small ball overarm, using the correct technique.

Applying Skills and Using Tactics

- To structure sequences of actions and skills in different orders to improve performance.

Evaluating and Improving Performance

- To compare his/her performance with others.
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