



# The Power of P.E

## P.E Outcomes for Year 2



1. Throw and catch displaying competency, in isolation and in varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements
5. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to employ simple tactics in varied environments
7. With guidance participate displaying respect, fair play and working well with others