

PE - CP / YEAR 2

		SEMESTER 1	SEMESTER 2
<p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	Catching and Throwing		
	Dodgeball		
	Invasion games		
	Ball skills		
	Striking and fielding		
	Racket skills		
<p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	Fitness		
	Yoga		
	Gymnastics		
	Athletics		
<p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	Dance		