

Partnership of:

SPORT4KIDS

aktivkids



S4K PE BOOK YEAR 2

Your
name:

www.sport4kids.biz

WELCOME TO YOUR PUPIL PATHWAY

The Sport4Kids PE Books are designed to offer a record of achievement and progression for children in PE classes taught using S4K PE programmes for EYFS, KS1 and KS2.

The books are used for coach assessment, and for children to self-evaluate and self-assess what they have achieved in each lesson, either during or after class.

Our PE Books are truly unique and provides a bespoke curriculum where teachers, pupils and parents can monitor every child's progress through their physical, emotional and social development in line with curriculum standards.

Our KS2 curriculum features the following modules:

- Balls Skills
- Bat and Ball
- Team 1
- Team 2
- Athletics
- Gymnastics
- Dance
- Preparing for Sports Day

YOUR WEEKLY TO-DO CHECKLIST

Each week I need to remember to...

Bring my PE kit

Be positive in my PE lesson

Enjoy my PE lesson

Work in a team

Help others

Tell a grown up what I did in my PE lesson

BALLS SKILLS

I can do the following actions...

Catch a ball				Work in a team			
Throw a ball				Run			
Kick a ball				Jump			
Dribble a ball around cones with my feet				Balance			
Kick a ball a long way				Skip			
Kick a ball where I want it to go				Dodge others when I run			
Throw a ball where I want it to go				Sketch			
Score a goal							

SKILL SCORING

Throw and catch a small ball

Kick a small ball through cone gates































Pass a tennis ball down a line

Skip around the room

Balance on one leg for 7 seconds

WK1

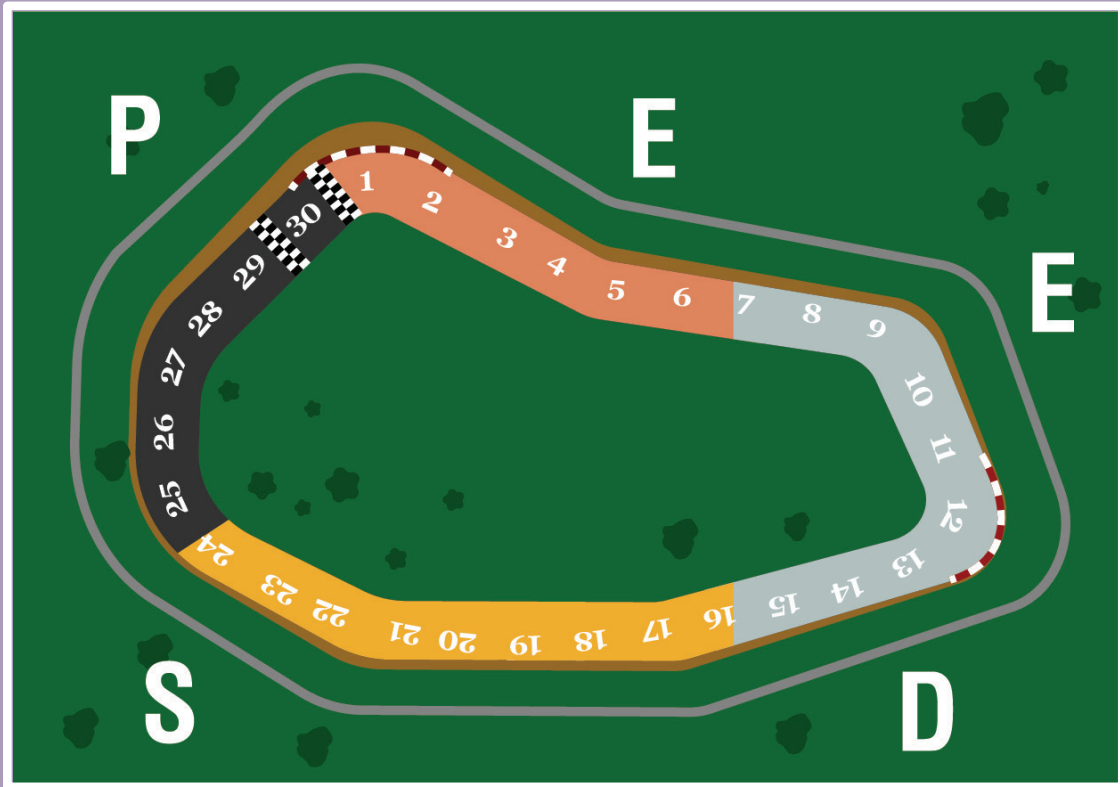
WK6

BALLS SKILLS

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YEAR 2

Collect the speed rewards...



I can get even better if...

01

02

03



BAT AND BALL

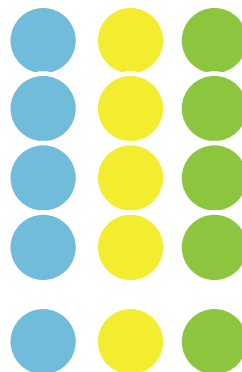
I can do the following actions...

Balance a beanbag				Work in a team			
Hit a small ball				Run			
Hit a small ball to someone				Jump			
Aim when hitting a ball				Balance			
Throw a ball to be hit				Skip			
Throw underarm				Dodge others when I run			
Catch a small ball				Sketch			
Throw a small ball accurately							

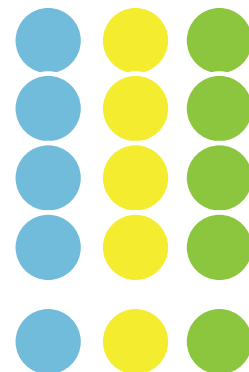
SKILL SCORING

- Balance a small ball on a bat
- Throw a small ball accurately to a partner
- Hit a small ball when thrown to me
- Run around the room (co-ordinated and in control of body)
- Butterfly stretch for 7 seconds (level of flexibility)

WK1



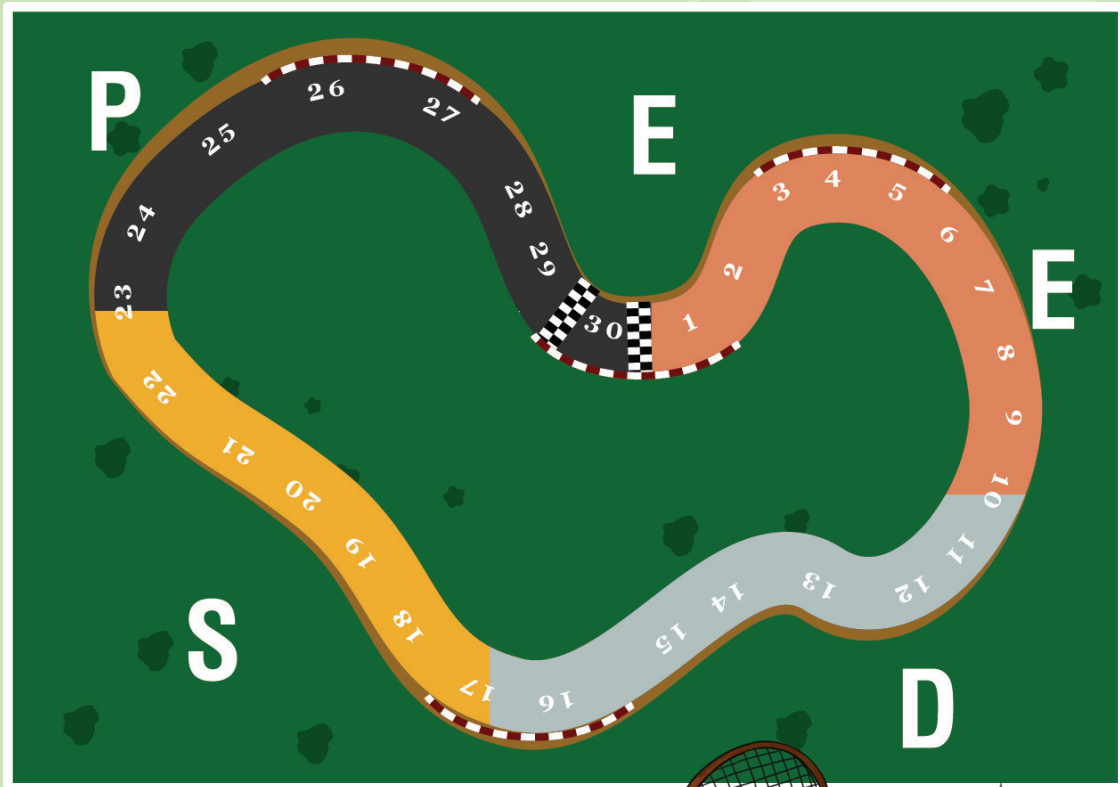
WK6



BAT AND BALL

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Collect the speed rewards...



I can get even better if...

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TEAM 1

I can do the following actions...

Pass an object to a team member				Help my team			
Throw an object accurately				Run			
Design a game				Jump			
Score points in my team				Balance			
Create rules for my game				Skip			
Listen to team members				Dodge others when I run			
Work in a team				Stretch			
Communicate in a team							

SKILL SCORING

WK1

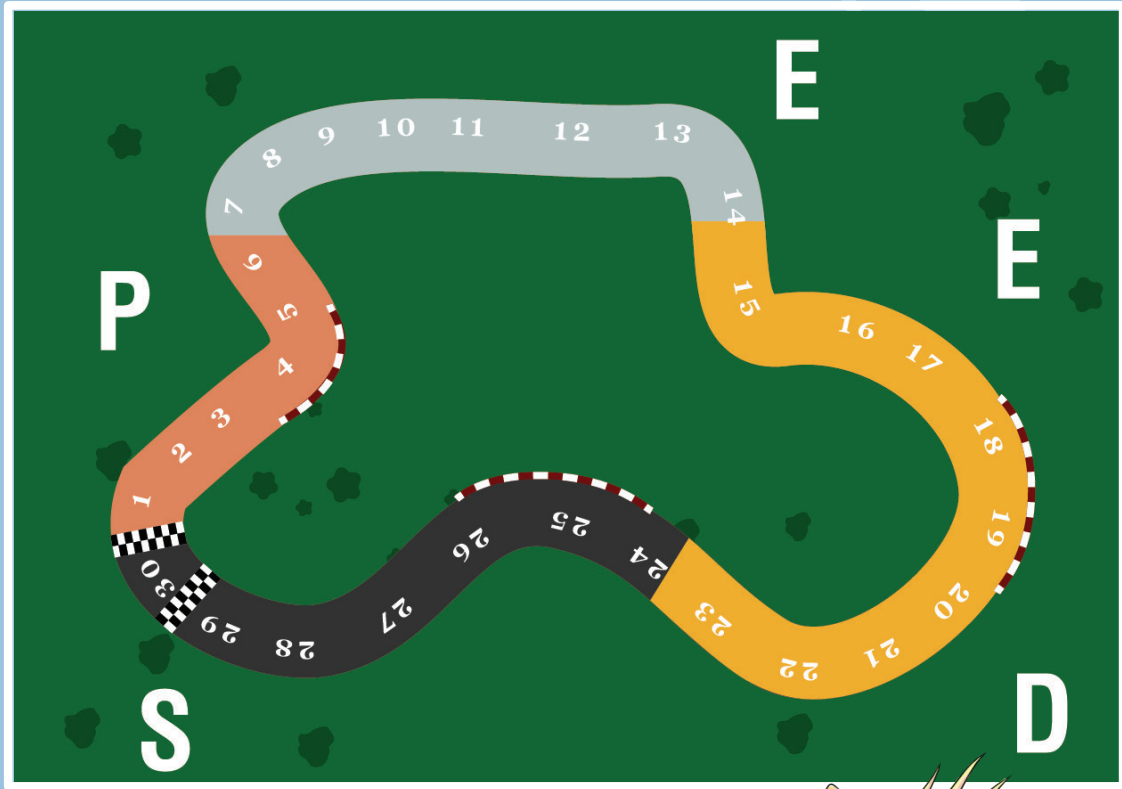
WK6

Kick a ball to a partner (sympathetic pass)						
Roll a hoop to a partner (sympathetic pass)						
Play Bop-it						
Run and jump over cones (co-ordinated and in control of my body)						
Play under/over (work as a team/positive comments)						

TEAM 1

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TEAM 2

I can do the following actions...

Cheer someone on				Work in a team			
Help a friend				Run			
Enjoyed playing a game				Jump			
Shake hands				Balance			
Follow rules				Skip			
Did my job				Dodge			
Spoke to my team				Stretch			
Had good ideas							

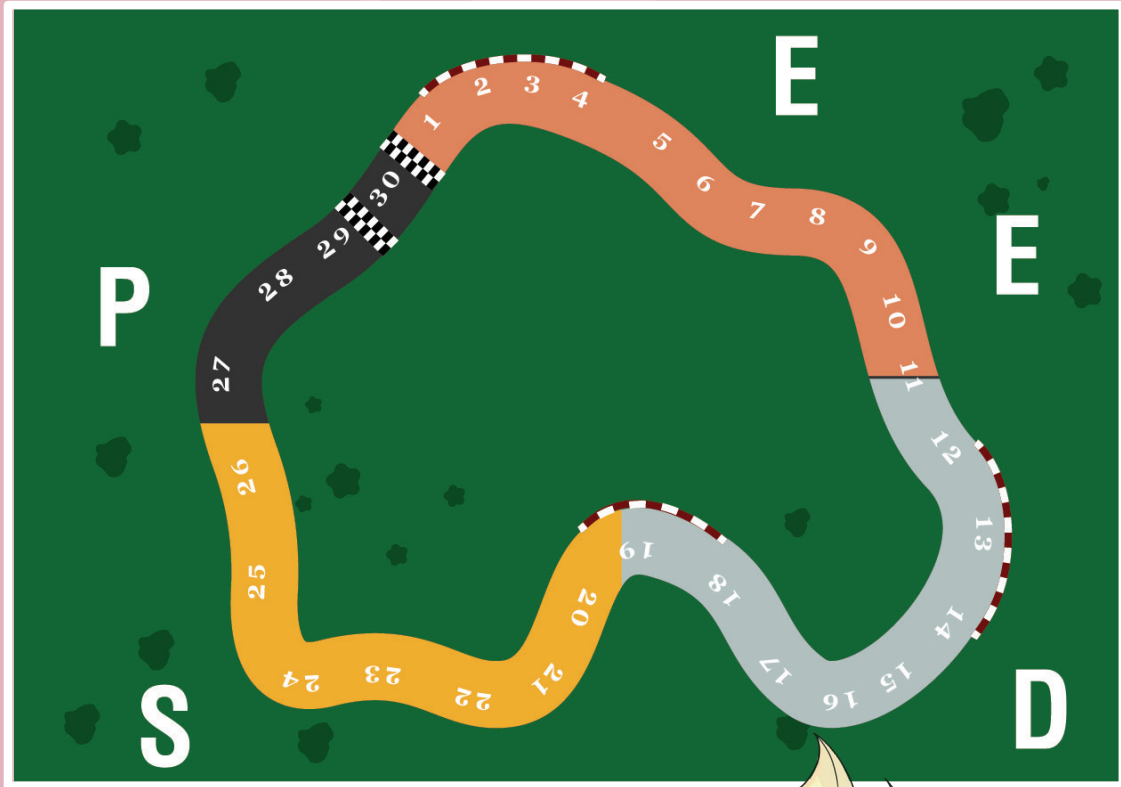
SKILL SCORING

	WK1			WK6		
Kick a ball to a partner (sympathetic pass)						
Run and pass a beanbag to a partner (shuttle relay; sympathetic pass)						
Play Bop-it						
Run and jump over cones (co-ordinated and in control of my body)						
Play under/over (work as a team/positive comments)						

TEAM 2

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ATHLETICS

I can do the following actions...

Perform a simple Jump				Jump high			
Run fast				Perform Side-stepping			
Run a long way				Throw in different ways			
Jump and land on my feet				Perform different balances			
Throw a long way				Skip			
Perform different excercises				Dodge others when I run			
Throw accurately				Perform different stretches			
Run and jump							

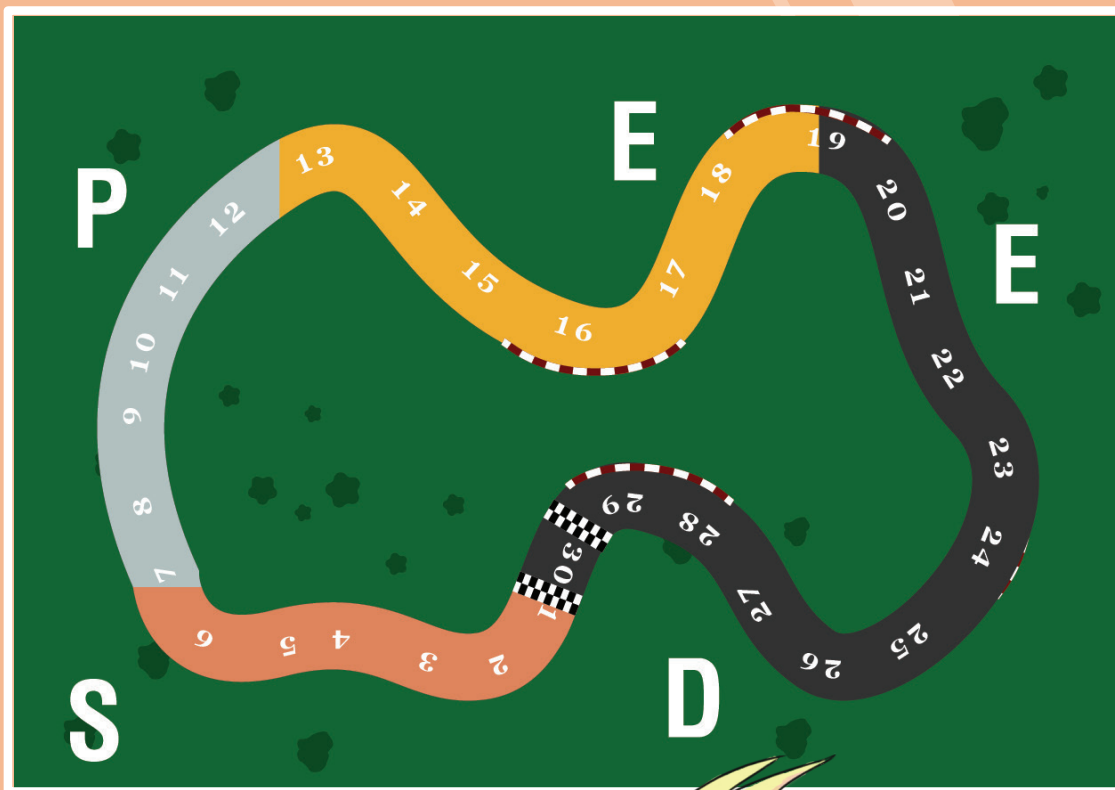
SKILL SCORING

	WK1			WK6		
Run quickly (one side to the other)						
Run around the Skills Box 3 times (without stopping or complaining)						
Throw a beanbag (across the Skills Box)						
Two-foot jump (and land on feet)						
Upper body stretches (maintain balance)						

ATHLETICS

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YEAR 2

Collect the speed rewards...

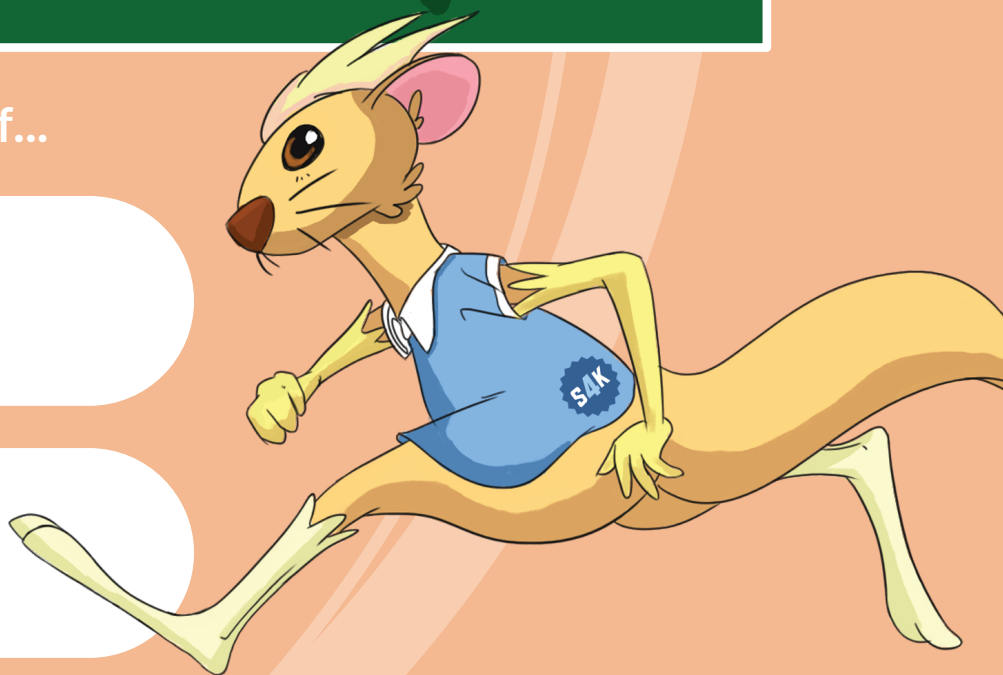


I can get even better if...

01

02

03



GYMNASTICS

I can do the following actions...

Jump				Shape			
Jump				Roll			
Jump				Roll			
Balance				Roll			
Balance				Travel			
Balance				Travel			
Shape				Travel			
Shape							

SKILL SCORING

Show a balance

Show a jump

Show a shape

Show a roll

Show travelling

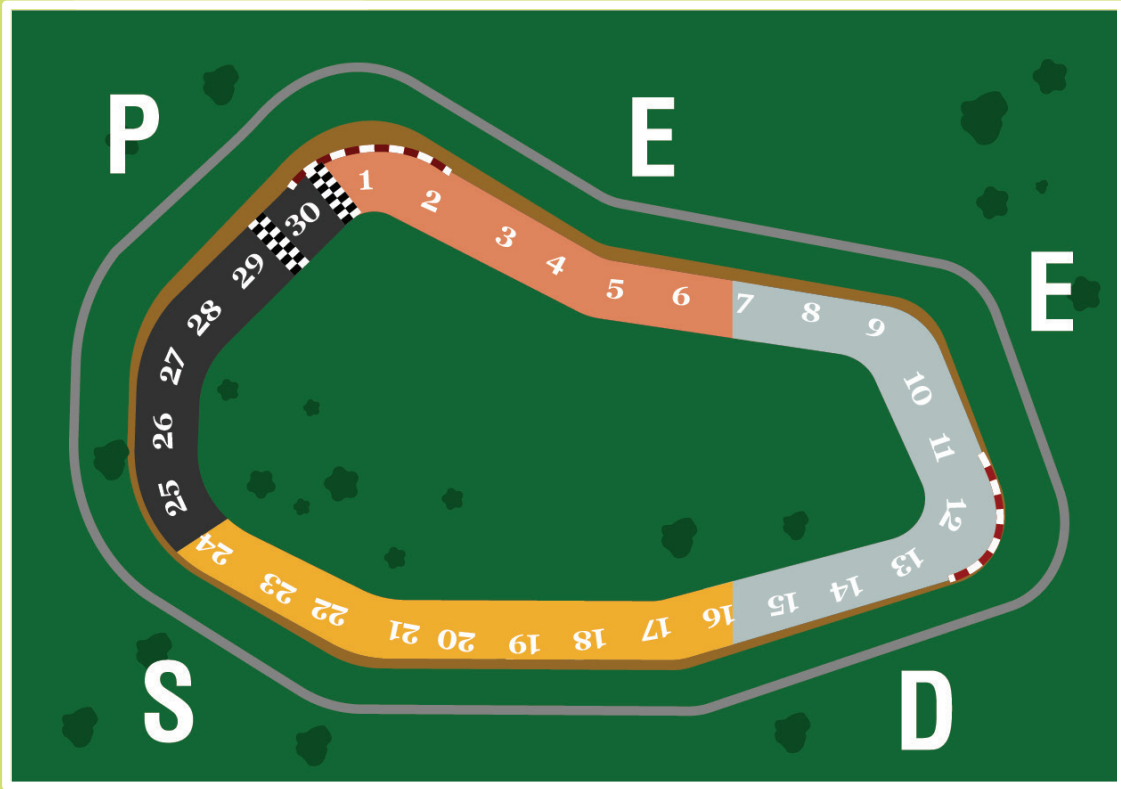
WK1

WK6

GYMNASTICS

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DANCE

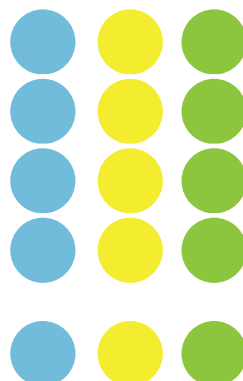
I can do the following actions...

Twist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Move my feet to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Move my arms to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Move my body to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skip	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jump	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Count a beat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shape statue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Copy dance moves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Action statue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Perform a dance routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rhythm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				

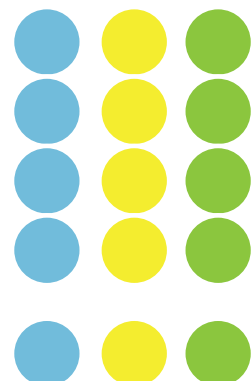
SKILL SCORING

- Clap in time to the music
- Show rhythm when dancing to music
- Copy a partner moving to music
- Balance on one leg
(for more than 5 seconds)
- Alternate between galloping,
jumping and running

WK1



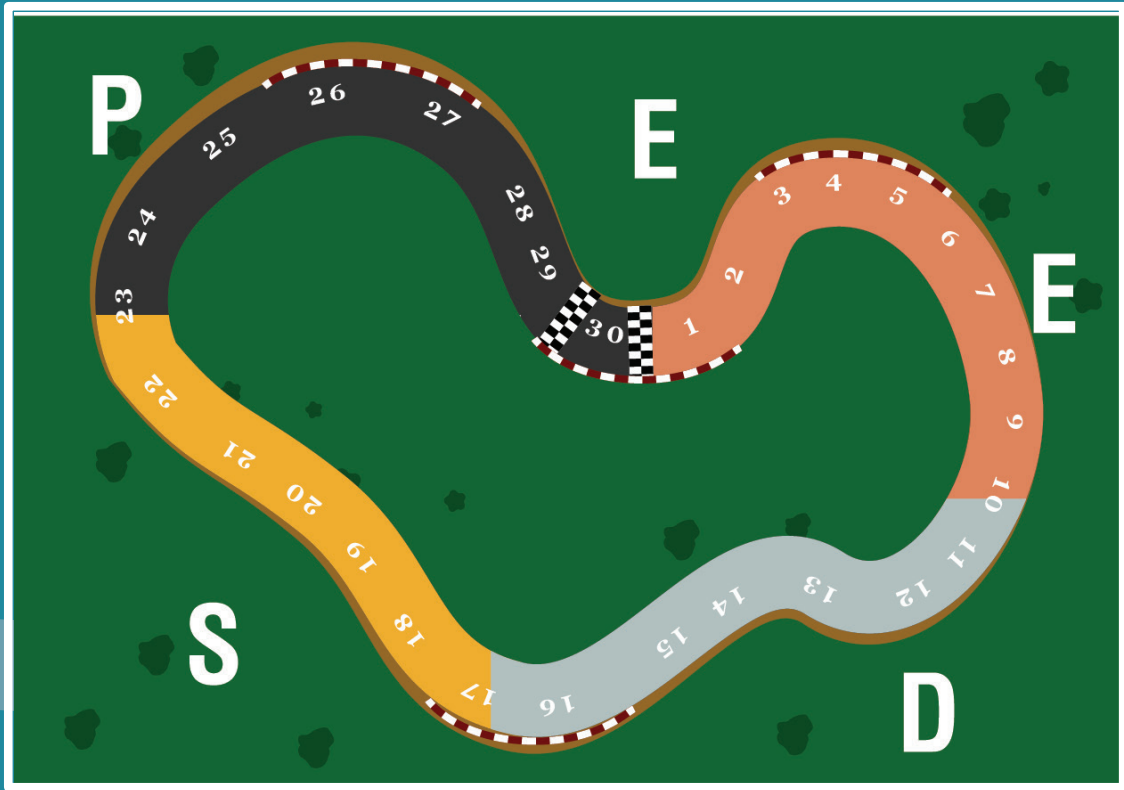
WK6



DANCE

S4K
PE BOOK
YEAR 2

Collect the speed rewards...



I can get even better if...

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PREPARING FOR SPORTS DAY

I can do the following actions...

Complete an obstacle course				Compete in a small team			
Compete in a beanbag relay				Perform side-stepping			
Dribble a football				Throw in different ways			
Balance a beanbag				Perform different balances			
Compete in a short running race				Skip			
Compete in a throwing challenge				Dodge others when I run			
Compete in a target practise event				Perform different stretches			
Compete in a running relay							

SKILL SCORING

Dribble a football around 5 cones



Balance a beanbag on head (between two cones, approximately 5 metres apart)



Throw a beanbag into a hoop (3 beanbags, hoop 5 metres away)



Run quickly
(for side to the other)



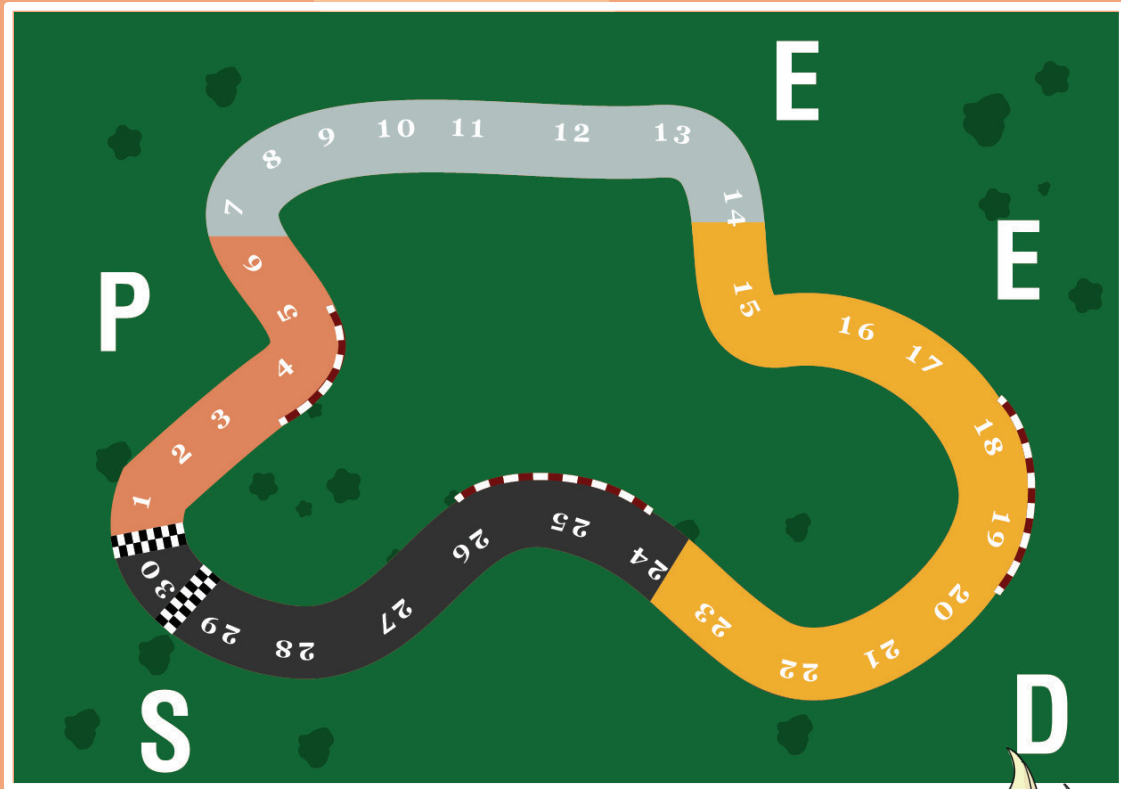
Perform a shuttle relay
(team of 4-6 children)



PREPARING FOR SPORTS DAY

S4K
PE BOOK
YEAR 2

Collect the speed rewards...



I can get even better if...

01

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INTRODUCING THE S4K SPEED TRACK

Earn points racing around the S4K SPEED Track in each of your PE lessons!

Pick up SPEED Points for:

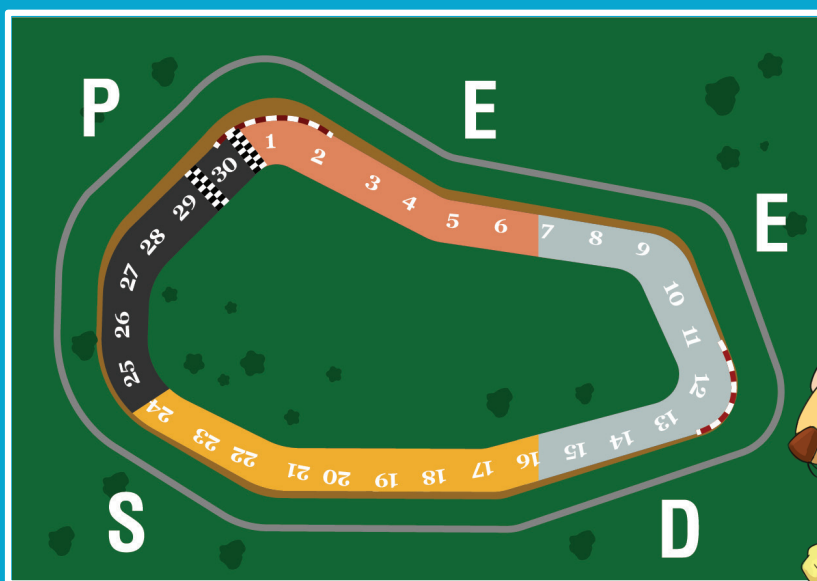
- Sportsmanship – e.g. shake hands
- Progression – e.g. show a skill that you are proud of
- Enthusiasm – e.g. try your hardest
- Engagement – e.g. show good teamwork or work well with a partner
- Discipline – e.g. get changed for PE quickly

These points will take you through the different stages of the S4K SPEED track. Where will you end up at the end of term?

Will you earn BRONZE, SILVER, GOLD or PLATINUM?

What prize will you earn at the end of term?

Let Sport4Kids teach you skills, get you fit and give you prizes!



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