

# Year 2 – Lesson Plan 2 – P.E.

*How can we use our bodies to move like superheroes and build our strength, speed, and agility?*

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| <p><b>Aim:</b><br/>To develop fundamental movement skills including jumping, balancing, sprinting, and throwing through superhero-themed activities that encourage imagination and teamwork.</p> | <p><b>Key Words:</b></p> <ul style="list-style-type: none"> <li>• Superhero, agility, speed, strength, balance, leap, teamwork.</li> </ul> | <p><b>Preparation:</b></p> <ul style="list-style-type: none"> <li>• Cones or markers for obstacle paths</li> <li>• Hoops for “power portals”</li> <li>• Mats for safe landing zones</li> <li>• Beanbags or soft balls for “energy orbs”</li> <li>• Skipping ropes for “laser beams”</li> <li>• Stopwatch or timer (optional)</li> <li>• Upbeat superhero-style music (optional)</li> </ul> |
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**Prior Learning:** Children should already be confident moving in different ways and understand basic jumping, landing, and throwing techniques.

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| WC / PT | <p><u>Warm-up:</u><br/>Jog around the space as if patrolling the city.<br/>Teacher calls out superhero actions:</p> <ul style="list-style-type: none"> <li>• “Fly!” – run with arms outstretched like Superman.</li> <li>• “Leap tall buildings!” – two-footed jumps.</li> <li>• “Dodge lasers!” – weave side to side.</li> <li>• “Rescue!” – run quickly to a set point and crouch to “help”.</li> </ul> <p>Children switch between actions quickly to build agility and focus.</p>                                                                                            | 0-5 mins  |
| WC      | <p><u>Main Teach:</u><br/>Introduce superhero skill stations:</p> <ol style="list-style-type: none"> <li>1. Flying Dash – short sprints between cones, focusing on acceleration and control.</li> <li>2. Power Leaps – jump from hoop to hoop (power portals) with controlled landings.</li> <li>3. Energy Orb Throw – throw beanbags into a target (hoop or box) from different distances.</li> <li>4. Laser Crawl – crawl or duck under skipping ropes without touching them.</li> </ol> <p>Model each activity, highlighting safe movement and strong superhero posture.</p> | 5-10 mins |

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| I / S | <p><u>Activity:</u></p> <p>Combine all stations into a continuous obstacle course:</p> <ol style="list-style-type: none"> <li>1. Start with a flying dash across the city.</li> <li>2. Leap across rooftops using hoops.</li> <li>3. Throw energy orbs to disable the villain's machine.</li> <li>4. Crawl under laser beams to rescue the trapped citizens.</li> </ol> <p>Children complete the course in small teams, working together to "save the day".<br/>Optional: Add a timed challenge but focus on fun and teamwork rather than competition.</p> | 10-30 mins |
| I     | <p><u>Extension Challenge:</u></p> <ol style="list-style-type: none"> <li>1. Ask children to invent a brand-new superhero move and name it.</li> <li>2. Incorporate their moves into the training camp for the whole class to try.</li> </ol>                                                                                                                                                                                                                                                                                                              | 30-35 mins |
| WC    | <p><u>Plenary:</u></p> <p>Gather in a circle and discuss:</p> <ul style="list-style-type: none"> <li>• Which superhero skill they enjoyed most.</li> <li>• How they worked as a team.</li> <li>• Which movement made them feel strongest or fastest.</li> </ul> <p>End with a slow, cool-down "flying" lap around the room to bring heart rates down.</p>                                                                                                                                                                                                  | 35-40 mins |

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

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| Challenge A | <p><b>Science Link:</b> Explore the human body – talk about which muscles superheroes might need most for their special moves.</p> |
| Challenge B | <p><b>Art Link:</b> Design your own superhero costume, including a logo and a gadget or power linked to your training skills.</p>  |