

Topic	KnowledgeThe facts, concepts, principles, and theories to teach	PracticesThe skills, strategies, and applications to teach
Movement The moving body	2K1 Muscles and joints move, bend, and stretch in different ways during different everyday actions (see Year 2 Science: Breathing, Moving, Sensing). 2K2 The body’s responses to exercise (e.g. becoming hot or sweaty, muscles tiring) can indicate when rest and recovery are needed. Effort can be adjusted during physical experiences to maintain participation. 2K3 Frequent physical movement is beneficial for muscle and bone health and strength.	2P1 Experiment with how muscles and joints work to accomplish everyday tasks (e.g. comparing walking and jumping for key muscles, muscle action, and joint angle). 2P2 Recognise when different activities require different levels of effort and adjust participation accordingly (e.g. walking, running, jumping, or carrying equipment). 2P3 Observe the body’s responses to movement, taking breaks, or adjusting effort when necessary.
Movement Skill acquisition	2K4 Skills develop through practice, feedback, and adjusting actions. 2K5 Different techniques influence control, force, and the outcome of actions. 2K6 Different situations and tasks may require skills to be performed in different ways to be successful.	2P4 Balance, roll, jump, and move in different ways (e.g. balancing on different body parts, rolling then jumping, or moving along a bench with a clear start and finish). 2P5 Dribble, pass, catch, and shoot a ball in simple games, changing speed, direction, and force to keep control and move towards a goal (e.g. dribbling around cones, passing to a partner, or aiming at a target). 2P6 Run, jump, hop, skip, dodge, and change direction while playing games, using control and awareness of space (e.g. moving to catch a ball, running between bases, travelling to an open space, or changing direction to avoid others).
Movement Water safety	Water safety statements cover the whole of Phase 1 (Years 0–3) and are not split by year. See the Water Safety sheet for Phases 1–2.	
Active participation Participating with others	2K7 Actions can be taken to adjust to environmental conditions (e.g. using protective gear, modifying rules). 2K8 Working with others in physical activities requires paying attention to shared spaces, agreed signals, and the actions of others. 2K9 Communication supports coordinated and safe movement in shared activities (e.g. deciding on rules, organising turns). 2K10 Activities can be shared traditions within families, schools, and communities and can reflect cultural practices (e.g. football, dance learnt from parents or grandparents). 2K11 Playing environments require respect and care (e.g. uneven surfaces in natural environments, hard surfaces in school playgrounds). 2K12 Participating in outdoor experiences involves showing respect and care for natural environments (e.g. leaving plants and animals undisturbed, leaving places tidy, following tikanga such as rāhui (temporary prohibition)). 2K13 Preparing for outdoor activities involves selecting clothing and equipment that suit the planned environment and activity (e.g. jacket, drink bottle, sturdy footwear, sun protection).	2P7 Identify hazards and risks by considering environmental variability. 2P8 Maintain safe spacing while moving with a group (e.g. moving in scattered formation during games, walking behind someone on a hīkoi). 2P9 Use verbal and non-verbal cues to communicate clearly during small-group movement tasks. 2P10 Participate in physical activities or traditions from different communities or cultures with appreciation for their context and meaning. 2P11 Demonstrate actions that protect and respect the natural environment (e.g. managing waste responsibly, staying on designated tracks). 2P12 Prepare for outdoor activities by selecting suitable clothing and equipment.