



KS1 (Cycle 1) PE Medium Term Plan

	Autumn 1	Spring 1		Summer 1	
Unit of Work	Dance	Gymnastics		Games - net and wall games and striking and fielding	
Techniques	Perform dance using simple movement patterns	Master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities		Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending	
Vocabulary	Beat Copy Dynamics- Fast and slow Level Pathway Pose Timing Expression	<u>Year 1</u> Action Control Direction Level Speed	<u>Year 2</u> Link Pathway Pike Sequence Straddle tuck	Batter Batting bowl bowler fielder fielding hit overarm out ready position track underarm	Under arm Racket Track Ready position Net Send and receive
Theme: The Secret	Yr 1 - To copy, remember and repeat actions that represent the theme. Yr 2 To remember, repeat and link actions to tell the story of my dance.	Yr 1 - To perform gymnastic shapes Yr 2 - To perform gymnastic shapes and link them together.		Yr 1 - To develop underarm throwing and catching. Yr 2 - To develop underarm throwing	Yr 1 - To defend space using the ready position Yr 2 - To use the ready position to

<p>Garden and Circus</p>	<p>Yr 1 To explore speeds and actions. Yr 2 To develop an understanding of dynamics and how they can show an idea.</p> <p>Yr 1 - To use counts of 8 to move in time Yr 2 - Use counts of 8 to help you stay in time with the music.</p> <p>Yr 1 - To use facial expressions to show different characters Yr 2 – To copy, remember and repeat actions using facial expressions to show different characters.</p> <p>Yr 1 – To explore pathways Yr 2 - To explore pathways and levels.</p> <p>Yr 1 - To remember our circus dance showing character. To remember and rehearse our circus dance showing expression and character.</p>	<p>Yr 1 – - To perform gymnastics shapes and link them together. Yr 2 - To perform gymnastics shapes with control and link them together.</p> <p>Yr 1 – To create balances Yr 2 - To use shapes to create balances.</p> <p>Y1 - - To use shapes to create balances. Yr 2 - To use shapes to create balances.</p> <p>Yr 1 – To use balances using apparatus. Yr 2 - To link travelling actions and balances using apparatus.</p> <p>Yr 1 To develop travelling actions Yr 2 - To develop travelling actions and balances using apparatus.</p> <p>Yr 1 – To perform jumps Yr 2 - To demonstrate different shapes, take off and landing when performing jumps.</p> <p>Yr 1 – To develop shapes when performing jumps Yr 2 - To develop different shapes, take offs and landings when performing jumps.</p> <p>Yr 1 To develop rolling Yr 2 To develop rolling and sequence building.</p> <p>Yr1 – To refine rolling Yr 2 - To refine rolling and sequence building.</p>	<p>and catching to field a ball</p> <p>Yr 1 - To develop overarm throwing. Yr 2 - To develop overarm throwing to limit a batter’s score.</p> <p>Yr 1 - To develop hitting a ball. Yr 2 - To develop racket skills and use them to return a ball.</p> <p>Yr 1 - To develop collecting a ball. Yr 2 To develop collecting a ball and returning it</p> <p>yr 1 To learn how to get a batter out. Yr 2 To be able to get a batter out</p> <p>Yr 1 and 2 - To play games and understand how to score points.</p>	<p>defend.</p> <p>Yr 1 To play against an opponent Yr 2 – To play against an opponent and keep the score.</p> <p>Yr 1 To explore hitting with a racket. Yr 2 To hit with a racket with increasing confidence.</p> <p>Yr 1 - To develop racket and ball skills. Yr 2 – To develop racket and ball skill sand use them to return the ball</p> <p>To develop sending a ball using a racket Yr 2 – To develop returning a ball using a racket.</p> <p>Yr 1 - To develop hitting over a net Yr 2 – To play against an opponent using a racket.</p>
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