



KS1 (Cycle 2) PE Medium Term Plan

	Autumn 1	Spring 1		Summer 1	
Unit of Work	Dance	Gymnastics		Games - sending and receiving and	Games invasion games
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	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	Dynamics - fast and slow Matching Mirroring Perform Speed Unison Create	<u>Year 1</u> Action Control Direction Level Speed	<u>Year 2</u> Link Pathway Pike Sequence Straddle tuck	Roll Receive Track Send Throw Catch	Attacker Defender Goal Track Mark Dodge

<p>Theme: Rainforest and Jack Frost</p>	<p>Yr 1 To copy, repeat and create actions. Yr 2 To copy, repeat and create actions in response to a stimulus.</p> <p>Yr 1 To understand dynamics Yr 2 To copy, create and perform actions considering dynamics.</p> <p>Yr 1 To copy and repeat actions to show changes in speed. Yr 2 To create a short dance phrase with a partner showing clear changes of speed.</p> <p>Yr 1 To copy, repeat and create movement to a theme Yr 2 To copy, repeat and create movement patterns in response to the theme.</p> <p>Yr 1 To mirror and march a partner. Yr 2 To create and perform using unison, mirroring and matching with a partner.</p> <p>Yr 1 To remember and repeat actions in a group Yr2 To remember and repeat actions and dance as a group.</p>	<p>Yr 1 – To perform gymnastic shapes Yr 2 - To perform gymnastic shapes and link them together.</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>Yr 1 To develop rolling a ball to a target Yr 2 To develop rolling and throwing a ball towards a target.</p> <p>Yr 1 To develop receiving a rolling ball and tracking skills Yr 2 To track and receive a rolling ball.</p> <p>Yr 1 To be able to send and receive a ball with your feet. Yr 2 To be able to send and receive a ball with your feet with control</p> <p>Yr 1 To develop throwing and catching skills over a short distance. Yr 2 To develop throwing and catching skills</p> <p>Yr 1 To develop throwing and catching over a longer distance. Yr 2 To develop throwing and catching skills over a variety of distances</p>	<p>Yr 1 To understand the role of defenders and attackers. Yr 2 – To understand how being in possession effects attacking and defending</p> <p>Yr 1 To recognise who to pass to and why. Yr 2 To make passes and know who and why I make them</p> <p>Yr 1 To move towards goal with the ball. Yr 2 To use passes to score a goal</p> <p>Yr 1 To support a teammate when playing in attack. Yr 2 To work as a team when attacking</p> <p>Yr 1 To move into space showing an awareness of defenders. Yr 2 To move into a space moving away from defenders</p>
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