



## KS2 (Cycle 2) PE Medium Term Plan

	Autumn		Spring		Summer	
Unit of Work	Dance	Outdoor Adventures	Gymnastics	Athletics	Invasion Games - Football	Striking and Fielding - Cricket
<b>Techniques</b>	To perform dances using a range of movement patterns	To take part in outdoor and adventurous activity challenges, both individually and within a team	Develop flexibility, strength, technique, control and balance	To use running, jumping, throwing and catching in isolation and in combination. To develop strength, technique, control and balance	Use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, throwing and catching in isolation and in combination To play competitive games, modified where appropriate.
<b>Vocabulary</b>	Relationship, structure, phrase, performance, represent	Listen, map, diagram, places, route, challenges, problems, think, problem solve, strategies, rate, improve, observation.	Match, patch, point, contrast, flow, fluidly, extend	Stamina, pace, stride measure transfer of weight heave launch official officiate record	Accurate, communicate, intercept, invasion offside tackle opposition pitch court receiver referee teamwork tournament control umpire onside technique	grip no ball run out short barrier strike technique tournament umpire, accuracy, caught out,
<b>I will know.... Theme states of matter</b>	Yr 3 To understand how dynamics and space can to used to represent states of	Yr 3 I can recognise my school on a simple plan/ diagram.	Yr 3 To be able to create interesting point and patch balances.	Yr 3 To develop an understanding of speed and pace in relation to distance.	Yr 3 and 4 To develop the attacking skill of dribbling To develop changing	Yr 3 and 4 To learn how to score points in a striking and fielding game.

<p><b>and The twist</b></p>	<p>matter</p> <p>Yr 4 To understand how dynamics, space and relationships can be used to represent a state of matter.</p> <p>Yr 3 To use actions, dynamics and space to represent a state of matter.</p> <p>Yr 4 To use actions, dynamics, space and relationships to represent a state of matter.</p> <p>Yr 3 To order phrases to create a dance performance.</p> <p>Yr 4 To order and structure phrases to create a dance performance</p> <p>Yr 3 To copy and repeat a set phrase in a 1960s style showing rhythm.</p>	<p>Yr 4 I can use my school on a simple plan/ diagram.</p> <p>Yr 3 I explore a plan/ diagram to find places</p> <p>Yr 3 I can use a plan or diagram to find different places</p> <p>Yr 3 I follow simple route and trails,</p> <p>Yr 4 I follow simple route and trails, orienteering myself successfully</p> <p>Yr 3 To solve simple challenges and problems successfully</p> <p>Yr 4 I can solve simple challenges and problems successfully on my own and with a group</p> <p>Yr 3 To recognise how my body feels during exercise</p> <p>Yr 4 I can recognise how my body feels during exercise and explain why</p> <p>Yr 3</p> <p>I can observe what I and others have done and use my observations</p> <p>Yr 4 To observe what I have done and use my observations to improve</p>	<p>Yr 4 To be able to create interesting balances</p> <p>Yr 3 To develop point and patch balances on apparatus.</p> <p>Yr 4 To develop my balances</p> <p>Yr 3 4 To develop stepping into shape jumps</p> <p>Yr 4 To develop stepping into shape jumps with control.</p> <p>Yr 3 To explore stepping into shape jumps using apparatus.</p> <p>Yr 4 To develop stepping into shape jumps using apparatus.</p> <p>Yr 3 4To create a sequence with matching actions and shapes</p> <p>Yr 4To create a sequence with matching and contrasting actions and shapes.</p>	<p>Yr 4 To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>Yr 3 To develop speed in the sprinting technique.</p> <p>Yr 4 To develop power and speed in the sprinting technique.</p> <p>Yr 3 To explore technique when jumping for distance.</p> <p>Yr 4 To develop technique when jumping for distance.</p> <p>Yr 3 To develop technique when throwing for distance.</p> <p>Yr 4 To develop power and technique when throwing for distance.</p> <p>Yr 3 To develop a pull throw for distance.</p> <p>Yr 4 To develop a pull throw for distance and accuracy.</p>	<p>direction and speed when dribbling.</p> <p>Yr 3 and 4 To develop passing and begin to recognise when to use different skills.</p> <p>Yr 3 and 4 To apply attacking skills to move towards a goal.</p> <p>Yr 3 and 4 To use defending skills to delay an opponent and gain possession.</p> <p>Yr 3 and 4 To apply skills and knowledge to compete in a tournament.</p>	<p>Yr 3 and 4 To develop batting to score points</p> <p>Yr 3 and 4 To develop fielding skills to limit the batter's score.</p> <p>Yr 3 and 4 To understand the role of a bowler.</p> <p>Yr 3 and 4 To develop my understanding of tactics and begin to use them.</p> <p>Yr 3 and 4 To apply skills and knowledge to play games using cricket rules.</p>
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	<p>Yr 4 To copy and repeat a set phrase in a 1960s style showing energy and rhythm.</p> <p>Yr 3 To learn a partner dance in a 1960s style.</p> <p>Yr 4 To learn and perform a partner dance in a 1960s style.</p> <p>Yr 3 To develop my own 1960s inspired dance using changes in dynamics.</p> <p>Yr 3 To develop my own 1960s inspired dance using changes in relationships.</p>	<p><i>my performance to improve my and others performances</i></p>	<p>Yr 3 To create a sequence on apparatus using matching.</p> <p>Yr 4 To create a sequence on apparatus using matching and contrasting.</p>	<p>Yr 3 To develop officiating.</p> <p>Yr 4 To develop officiating and performing skills.</p>		
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