



Y1/2 Medium Term Plan - PE Cycle A



Topics						
	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
	Dance/ Games	Gymnastics/ Games	Yoga/ Games	Gymnastics/Games	Dance/Athletics	Sports Day Games/ Athletics
Thinking, social and emotional Concepts	Personal challenge Critical thinking and action	Joy of movement Personal challenge	Personal challenge Critical thinking and action	Joy of movement Personal challenge	Joy of movement Personal challenge	Personal challenge
Core knowledge	<u>Dance</u> To create movements to resemble a specific theme/ character. To remember and repeat a short movement phrase in time with the beat and other group members. To perform movements at different speeds to help tell a story. To use different levels within a dance to help portray a character / story To know a range of expressions, moods and feelings and use a selection in the dance to help complete the story.	<u>Gymnastics</u> To develop strength and flexibility when performing a range of basic gymnastics shapes. To move confidently, using changes in speed, level and direction and combine different ways of travelling in a sequence. To show control and balance when performing a range of jumps. To perform and link different balances with control and strength. To develop a range of rocking actions, including tuck. To perform a forward roll and combine it with a range of other shapes actions and movements in a sequence. To remember and repeat short sequences of movements	<u>Yoga</u> Able to adopt a range of standing positions to best support balance during games and gymnastics/yoga To create movements to resemble a specific theme/ character. To perform and link different balances with control and strength To explore, remember and link a range of actions, performing them with increasing control. To demonstrate strength and control when performing balances using different body parts.	<u>Gymnastics</u> To demonstrate improving strength, flexibility and control when performing a range of basic gymnastic shapes. To travel with body weight partly supported by hands. To perform a range of jumps individually and as part of a sequence, demonstrating control and good balance when taking off and landing. To demonstrate strength and control when performing balances using different body parts.	<u>Dance</u> To create and explore body actions which resemble aspects of a given theme (e.g. Great Fire of London), performing them with control. To explore, remember and link a range of actions, performing them with increasing control. To compose a short dance phrase including actions which represent a given theme, performing with increasing control and co--- ordination. To compose and perform a short dance phrase that expresses the feelings and ideas of a given theme.	<u>A repetition of all core knowledge from across the year into personal challenging games.</u>



Y1/2 Medium Term Plan - PE Cycle A



		<u>Games</u> Able to accurately throw a ball or bean bag to catch themselves. Able to use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Able to use two hands to send a large ball with increasing accuracy to a partner or a target. To use hands to bounce a ball with control. Able to confidently move a ball or bean bag from one hand to the other when stationary and when moving. Able to catch with one hand when working individually and with a partner. Can throw a large ball using two hands accurately Able to aim at high, low, stationary and moving targets using different types of throw and different types of equipment Able to consistently stop rolling or bouncing bean bags or small balls Move to catch or stop a bean bag or small ball with some consistency Able to move into a good position to catch or stop a bouncing or non-bouncing ball Able to use two hands to dribble a ball, including changing speed and direction. Able to use one hand to dribble a ball with some control Able to run after and towards a rolling or bouncing ball, retrieve and throw to return.		<u>Games</u> Able to accurately throw a ball or bean bag to catch themselves. Able to use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Able to use two hands to send a large ball with increasing accuracy to a partner or a target. To use hands to bounce a ball with control. Able to confidently move a ball or bean bag from one hand to the other when stationary and when moving. Able to catch with one hand when working individually and with a partner. Can throw a large ball using two hands accurately Able to aim at high, low, stationary and moving targets using different types of throw and different types of equipment Able to consistently stop rolling or bouncing bean bags or small balls Move to catch or stop a bean bag or small ball with some consistency Able to move into a good position to catch or stop a bouncing or non-bouncing ball Able to use two hands to dribble a ball, including changing speed and direction. Able to use one hand to dribble a ball with some control	<u>Athletics</u> Able to accurately throw a ball or bean bag to catch themselves. Able to use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Able to use two hands to send a large ball with increasing accuracy to a partner or a target. Able to confidently move a ball or bean bag from one hand to the other when stationary and when moving. Able to catch with one hand when working individually and with a partner. Can throw a large ball using two hands accurately Able to aim at high, low, stationary and moving targets using different types of throw and different types of equipment Able to accurately throw a ball or bean bag to catch themselves. Able to use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Able to use two hands to send a large ball with increasing accuracy to a partner or a target. To use hands to bounce a ball with control. Able to confidently move a ball or bean bag from one hand to the other when stationary and when moving.	<u>Athletics</u> Able to land safely, with control and balance, when performing a range of jumps. Able to confidently link jumps together to achieve a greater distance. Beginning to develop different types of take-off and landing techniques Shows a developing understanding of the techniques required to jump for distance.
--	--	---	--	--	--	--



Y1/2 Medium Term Plan - PE Cycle A



		Able to move into space to catch a ball or bean bag (stationary or moving).		Able to run after and towards a rolling or bouncing ball, retrieve and throw to return. Able to move into space to catch a ball or bean bag	Able to catch with one hand when working individually and with a partner. Can throw a large ball using two hands accurately Able to aim at high, low, stationary and moving targets using different types of throw and different types of equipment	
Key vocabulary	<u>Dance</u> Movement, control, level, high, low, pace, repeat, formation, unison <u>Games</u> Control, direction, speed, accuracy, hand eye coordination,	<u>Gymnastics</u> Strength, flexibility, speed, level, balance, control <u>Games</u> Control, direction, speed, accuracy, hand eye coordination,	<u>Yoga</u> Position, balance, control, <u>Games</u> Accuracy, movement, target, control, speed, direction	<u>Gymnastics</u> Strength, flexibility, speed, level, balance, control <u>Games</u> Control, direction, speed, accuracy, hand eye coordination,	<u>Dance</u> Movement, control, level, high, low, pace, repeat, formation, unison <u>Athletics</u> Throw, catch, accuracy, position,	<u>Athletics</u> Distance, control, balance, technique, take-off, landing