



KS1 Year 1 PE Medium term plan

	Autumn 1	Spring 1	Summer 1
Topic	<i>We are explorers</i>	<i>Blast from the past</i>	<i>Over and under the sea</i>
Techniques	<p>Gymnastics</p> <p>- Master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities</p>	<p>Dance</p> <p>- Perform dance using simple movement patterns</p>	<p>Games</p> <p>- 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</p>
Vocabulary	<p>Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence Levels – high, low</p> <p>Shapes – straight, star, straddle, tuck, I shape, Jumping, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, Improve</p> <p>Health and fitness – warm up/ cool down</p>	<p>Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike Improve, Warm up, Cool down</p>	<p>Running, Jumping, Skipping, Galloping, Direction, Forwards, Backwards, Sideways Throwing, Underarm, Overarm, Chest, Bounce, Pass, Receive, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Score, Like, Dislike, Improve, Warm up, Cool down</p>
I will know....	<p>I can explore gymnastic actions (travel, take weight on hands, rock and roll and climb) and still shapes.</p> <p>I can move confidently and safely in my own and general space, using changes of speed, level and direction</p> <p>I can copy or create and link movement phrases with beginnings, middles and ends</p> <p>I can perform movement phrases using a range of body actions and body parts</p>	<p>I can explore movement ideas (travel, jump, turn, gesture, stillness) and respond imaginatively to a range of stimuli.</p> <p>I can move confidently and safely in my own and general space, using changes of speed, level and direction</p> <p>I can compose and link movement phrases to make simple dances with clear beginnings, middles and ends</p> <p>I can perform movement phrases using a range of body actions and body parts</p>	<p>I can be confident and safe in the spaces used to play games</p> <p>I can explore and use skills, actions and ideas individually and in combination to suit the game they are playing</p> <p>I can choose and use skills effectively for particular games</p> <p>I know that being active is good for me and fun</p> <p>I can watch, copy and describe what others are doing</p>

	<p>I know how to carry and place apparatus</p> <p>I can recognise how my body feels when still and when exercising.</p> <p>I can watch, copy and describe what I and others have done</p>	<p>I can recognise how my body feels when still and when exercising</p> <p>I can talk about dance ideas inspired by different stimuli</p> <p>I can copy, watch, and describe dance movement</p>	<p>I can describe what I am doing</p>
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