



## KS1 Year 2 PE Medium term plan

	Autumn 1	Spring 1	Summer 1
Topic	<i>London's Burning!</i>	<i>To infinity and beyond!</i>	<i>Let's go on holiday!</i>
Techniques	Gymnastics  - Master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities	Dance  - Perform dance using simple movement patterns.	Games  - 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	Speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat, Create, Stretch, Point, Compositional Ideas, Balance - one foot, Level, Tension, Smooth, Sequence, Control, Precision, Pathways, Rolls - teddy bear roll, log roll, egg roll, rock on back, pencil roll, Shapes - straight, pike, star, straddle, top to toe, tuck, dish, arch, L shape Jump - star, straight, tuck, turn, leap, hop, bunny hop, frog jump, star, straight, turn, Health and fitness - warm up/ cool down	Movement, Control, Speed, Level, Sequence, Unison, Cannon 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 Rhythm, Control, Co-ordination, Pattern, Stimulus, Like, dislike, improve Health and fitness - warm up/ cool down	Avoiding, Accuracy, Tracking a ball, Rolling, Striking, Under arm, Overarm throw, Chest pass, Bounce pass, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring, Participate, Co-ordination, Technique, Combinations, Rules, Tactics, Performance, Like, dislike, improve Health and fitness - warm up/ cool down
I will know....	I can remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision  I can form simple sequences using the floor and apparatus using my imagination  I can choose, use and vary simple compositional ideas (levels, speed, direction, body parts and pathways) in the sequences I create and perform	I can explore, remember, repeat and link a range of actions with coordination, control, and an awareness of the expressive qualities of the dance  I can compose and perform dance phrases that express and communicate moods, ideas and feelings  I can choose and varying simple compositional ideas (directions, levels, speed and tension to interpret the mood and ideas)	I can improve the way I coordinate and control my bodies with a range of equipment  I can remember, repeat and link combinations of skills  I can choose, use and vary simple tactics  I can recognise and describe what my body feels like during different types of activity  I can recognise good quality in performance and can

	<p>I can recognise and describe what my bodies feel like during different types of activity</p> <p>I can lift, move and place equipment safely</p> <p>I can improve my work using information I have gained by watching, listening and investigating</p>	<p>I can recognise and describe how different dance activities make them feel</p> <p>I can understand the importance of warming up and cooling down</p> <p>I can watch and describe dance phrases and use what I have learnt to improve my own work</p>	<p>use this information to improve my work</p>
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