

**KS1 (Cycle A) PE Medium Term Plan**

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|  | **Autumn 1** | **Spring 1** | **Summer 1** |
| **Unit of Work** | **Gymnastics** | **Dance** | **Games** |
| **Techniques** | Master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities | Perform dance using simple movement patterns | 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** | Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence  Levels – high, low  Shapes – straight, star, straddle, tuck, l shape, Jumping, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, Improve  Health and fitness – warm up/ cool down | 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 | 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 |
| **I will know….** | I can explore gymnastic actions (travel, take weight on hands, rock and roll and climb) and still shapes.  I can move confidently and safely in my own and general space, using changes of speed, level and direction  I can copy or create and link movement phrases with beginnings, middles and ends  I can perform movement phrases using a range of body actions and body parts  I know how to carry and place apparatus  I can recognise how my body feels when still and when exercising.  I can watch, copy and describe what I and others have done | I can explore movement ideas (travel, jump, turn, gesture, stillness) and respond imaginatively to a range of stimuli.  I can move confidently and safely in my own and general space, using changes of speed, level and direction  I can compose and link movement phrases to make simple dances with clear beginnings, middles and ends  I can perform movement phrases using a range of body actions and body parts  I can recognise how my body feels when still and when exercising  I can talk about dance ideas inspired by different stimuli  I can copy, watch, and describe dance movement | I can be confident and safe in the spaces used to play games  I can explore and use skills, actions and ideas individually and in combination to suit the game they are playing  I can to choose and use skills effectively for particular games  I know that being active is good for me and fun  I can watch, copy and describe what others are doing  I can describe what I am doing |