

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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, SequenceLevels – high, lowShapes – straight, star, straddle, tuck, l shape, Jumping, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, ImproveHealth 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 directionI can copy or create and link movement phrases with beginnings, middles and endsI can perform movement phrases using a range of body actions and body partsI know how to carry and place apparatusI 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 directionI can compose and link movement phrases to make simple dances with clear beginnings, middles and endsI can perform movement phrases using a range of body actions and body partsI can recognise how my body feels when still and when exercisingI can talk about dance ideas inspired by different stimuliI can copy, watch, and describe dance movement | I can be confident and safe in the spaces used to play gamesI can explore and use skills, actions and ideas individually and in combination to suit the game they are playingI can to choose and use skills effectively for particular gamesI know that being active is good for me and funI can watch, copy and describe what others are doingI can describe what I am doing |