



KS1 (Cycle B) PE Medium Term Plan

	Autumn	Spring	Summer
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	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....	<p>I can remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision</p> <p>I can form simple sequences using the floor and apparatus using my imagination</p> <p>I can choose, use and vary simple compositional ideas (levels, speed, direction, body parts and pathways) in the sequences I create and perform</p>	<p>I can explore, remember, repeat and link a range of actions with coordination, control, and an awareness of the expressive qualities of the dance</p> <p>I can compose and perform dance phrases that express and communicate moods, ideas and feelings</p> <p>I can choose and varying simple compositional ideas (directions, levels, speed and tension to interpret the mood and ideas)</p>	<p>I can improve the way I coordinate and control my bodies with a range of equipment</p> <p>I can remember, repeat and link combinations of skills</p> <p>I can choose, use and vary simple tactics</p> <p>I can recognise and describe what my body feels like during different types of activity</p> <p>I can recognise good quality in performance and can</p>

	<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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