

**KS2 (Cycle A) PE Medium Term Plan**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **Unit of Work** | **Gymnastics** | **Outdoor Adventures** | **Dance**  | **Athletics** | **Invasion Games** | **Striking and Fielding** |
| **Techniques**  |  - To develop flexibility, strength, technique, control and balance |  - To take part in outdoor and adventurous activity challenges, both individually and within a team | -To perform dances using a range of movement patterns |   - To use running, jumping, throwing and catching in isolation and in combination.To develop strength, technique, control and balance | -Use running, jumping, throwing and catching in isolation and in combination To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. |   - Use running, throwing and catching in isolation and in combination To play competitive games, modified where appropriate. |
| **Vocabulary** | Degrees, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Direction, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Agility, Technique, Control, Balance, Shapes Health and fitness tuck, straddle, pike, arch, back support,front support, shoulder stand, bridge, Partner balanceswarm up/ cool down/ heart rate | Listen, places, route, trails, challenges, problems, think, problem solve, strategies, safe, heart rate, warm, breathless, improve, observation.  | Spatial awareness, Repeat, Dance,Interpret, Narratives, Compositional Features, Rhythmic, Dynamic, Expressive, Character, Repetition, Action, Reaction, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs, Dynamics, Perform, Timing Health and fitness – warm up/ cool down/heart rate/pulse,  | Running, Technique, Pace, Accuracy, Power, Throw, High, Low, Skip, Aim, Fast, Slow, Bounce, Jump, Leap, Hop, Run, Target, Overarm, Underarm, Walking, Jogging, Accelerate, Baton, Relay, Push, Take off, Landing, Health and fitness – warm up/ cool down | Technique, Partner, Goals, Rules, Tactics, Court, Target, Net, Defending, Attacking, Stance, Strength, Speed, Stamina, Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse Possession, Scoring, Space, Pass/send/receive, Dribble, Travel, Team, Combinations, Co-ordination Fluency, Co-operation, Competition | Technique, Team Points, Rules, Tactics, Field, Target, Bat, Strike, Fielding, Stance, Strength, Speed, Stamina, Strategies Improve, adapt, performance Health and fitness – warm up/ cool down/heart rate/pulse Possession, Scoring, Space, Travel, Combinations, Co-ordination Fluency, Co-operation, Competition |
| **I will know….** |  I can consolidate and improve the quality of my actions (rolls, jumps and travel) body shapes and balance.I can use actions, body shape and balance to link phrases of movement.I can select appropriate actions and use simple compositional ideas (level, speed and direction)I can understand the importance of suppleness and strength when performing skills and actions I can recognise and identify the short term effects on my body after exerciseI can describe and evaluate the effectiveness and quality of a performanceI can recognise how my own performance has improved  | I can recognise my own spaceI can explore and find different places I follow simple route and trailsI can solve simple challenges and problems successfullyI can recognise how my body feels during exerciseI can observe what I have done and use my observations to improve my performance | I can improvise freely on their own and with a partner, translating ideas from a stimulus into movementI can create and link dance phrases using a simple dance structure or motif (speed and levels)I can perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groupsI can keep up an activity over a period of time and know they need to warm up and cool down for danceI can describe and evaluate some of the compositional features of dances performed with a partner and in a group (cannon, unison) | I can remember, repeat and link combinations of actions.I can use my body and a variety of equipment with greater control and coordinationI can choose skills and equipment to help me to meet the challenges I am setI can explain how I have to performed against the challenge I have been setI can recognise and describe what my body feels like during different types of activityI can watch, copy and describe what I and others have done | I can consolidate and improve the quality of my techniques and my ability to link movementsI can improve my ability to choose and use simple tactics and strategies I know and can describe the short term effects different exercise activities has on your body  I know how to improve my staminaI can describe and evaluate the effectiveness and quality of performanceI can use what I have learnt to improve my work | I can to consolidate and develop the range and consistency of their skills in striking and fielding games I can begin to choose and use a range of simple tactics and strategiesI can begin to keep, adapt and make rules for striking and fielding gamesI can begin to understand the importance of warming up and the effect exercise has on my bodyI can recognise good performances |