



KS2 (Cycle 1) PE Medium Term Plan

	Autumn		Spring		Summer	
Unit of Work	Dance - theme the spy and the carnival	Outdoor Adventures	Gymnastics	Athletics	Invasion Games - Basket Ball	Striking and Fielding - Rounders
Techniques	To perform dances using a range of movement patterns -	- To take part in outdoor and adventurous activity challenges, both individually and within a team	To develop flexibility, strength, technique, control and balance	- 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	<i>action and reaction, canon, formation, performance, represent,</i>	<i>Space, place, challenge, exercise, observe, problem solving.</i>	<i>bridge fluidly momentum perform, rotation, shoulder stand, stability, wrist grip.</i>	<i>Personal best, technique, speed baton power relay accuracy strength</i>	<i>Accurate, communicate, intercept, invasion offside tackle opposition pitch court receiver referee teamwork tournament control umpire onside technique</i>	<i>grip no ball run out short barrier strike technique tournament umpire, accuracy, caught out,</i>
	Yr 3 To copy and create actions in response to an idea.	Yr 3 I can recognise my school on a simple plan/ diagram.	Yr 3 To develop individual balances Yr 4 To develop	Yr 3 To develop the sprinting technique	Year 3 and 4 To develop the attacking	Year 3 and 4 To develop throwing and catching with

<p>Yr 4 To copy and create actions in response to an idea and be able to adapt this using changes of space.</p> <p>Yr 3 and 4 To choose actions which relate to the theme.</p> <p>Yr 3 To explore a dance using matching and mirroring.</p> <p>Yr 4 To develop a dance using matching and mirroring</p> <p>Yr 3 To learn dance moves in the theme of carnival.</p> <p>Yr 4 To learn and create dance moves in the theme of carnival.</p> <p>Yr 3 To develop a carnival dance using canon and unison.</p> <p>Yr 4 To develop a</p>	<p>Yr 4 I can use my school on a simple plan/ diagram.</p> <p>Yr 3 I explore a plan/ diagram to find places</p> <p>Yr 3 I can use a plan or diagram to find different places</p> <p>Yr 3 I follow simple route and trails, Yr 4 I follow simple route and trails, orienteering myself successfully</p> <p>Yr 3 To solve simple challenges and problems successfully</p> <p>Yr 4 I can solve simple challenges and problems successfully on my own and with a group</p> <p>Yr 3 To recognise how my body feels during exercise</p> <p>Yr 4 I can recognise how my body feels during exercise and explain why</p> <p>Yr 3 I can observe what I and others have done and use my observations Yr 4 To observe what I have</p>	<p>individual and partner balances</p> <p>Yr 3 To develop individual balances using apparatus.</p> <p>Yr 4 To develop individual and partner balances using apparatus.</p> <p>Yr 3 To develop control landing rotation jumps.</p> <p>Yr 4 To develop control in performing and landing rotation jumps.</p> <p>Yr 3 To develop rotation jumps using apparatus .</p> <p>Yr 4 To develop rotation jumps and sequence building using apparatus .</p> <p>Yr 3 To develop the straight, barrel and straddle roll.</p> <p>Yr 4 To develop the straight, barrel, forward and straddle roll.</p>	<p>and improve on your personal best.</p> <p>Yr 4 To develop the sprinting technique , pace and improve on your personal best.</p> <p>Yr 3 To develop changeover technique in relay events.</p> <p>Yr 4 To develop controlled changeover technique in relay events.</p> <p>Yr 3 To develop jumping technique in a range of approaches and take off positions.</p> <p>Yr 4 To develop jumping technique in a range of approaches and take off positions with control</p> <p>Yr 3 To develop throwing for distance and accuracy.</p> <p>Yr 4 To develop throwing for distance and accuracy,</p>	<p>skill of dribbling.</p> <p>Year 3 and 4 To protect the ball when dribbling against an opponent.</p> <p>Year 3 and 4 To develop passing and begin to recognise when to use different skills.</p> <p>Year 3 and 4 To use defending skills to delay an opponent and gain possession.</p> <p>Year 3 and 4 To develop technique in the attacking skill of shooting.</p> <p>Year 3 and 4 To apply skills and knowledge to compete in a tournament.</p>	<p>accuracy and apply these to a striking and fielding game.</p> <p>Year 3 and 4 To develop bowling and learn the rules of the skill within this game.</p> <p>Year 3 and 4 To develop batting technique and understand where to hit the ball.</p> <p>Year 3 and 4 To develop fielding techniques and apply them to game situations.</p> <p>Year 3 and 4 To play different roles in a game and begin to think tactically about each role.</p> <p>Year 3 and 4 To apply skills and knowledge to compete in a tournament.</p>
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	<p>carnival dance using formations, canon and unison.</p> <p>Yr 3 To perform as part of a class performance.</p> <p>Yr 4 To develop a dance phrase and perform as part of a class performance</p>	<p>done and use my observations to improve my performance to improve my and others performances</p>	<p>Yr 3 To link actions that flow in a partner sequence using the rolls I have learnt.</p> <p>Yr 4 To link actions that flow in a partner sequence using the rolls I have learnt.</p> <p>Yr 3 and 4 To create a great partner sequence to include the skills I have learnt and apparatus.</p>	<p>beating personal bests</p> <p>Yr 3 To develop throwing for distance in a pull throw.</p> <p>Yr 4 To develop throwing for distance and accuracy in a pull throw</p> <p>Yr 3 To develop officiating.</p> <p>Yr 4 To develop officiating and performing skills.</p>		
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