

# P.E- Medium term plan 2021-2022

Year Group	Autumn 1	Autumn 2
Nursery	<p><b><u>Personal, Social and Emotional Development</u></b></p> <ul style="list-style-type: none"> <li>• Select and use activities and resources, with help when needed.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Do not always need an adult to remind them of a rule.</li> <li>• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips</li> </ul>	
Reception	<p><b><u>Personal, Social and Emotional Development</u></b></p> <ul style="list-style-type: none"> <li>• Manage their own needs.</li> </ul>	
Year 1	<p><b><u>Fundamental movement skills through Outdoor Games</u></b></p> <ul style="list-style-type: none"> <li>• To change direction when moving</li> <li>• To identify one technique/skill that I am good at</li> <li>• To identify my best and worst scores</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• Can I tense and relax my body?</li> <li>• Can I copy stretches?</li> <li>• Can I begin to curl my body?</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• Can I move to music?</li> <li>• Can I copy dance moves?</li> <li>• Can I perform dance moves?</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• Which is the best point to release a ball when throwing?</li> <li>• Throw underarm at a target</li> <li>• Throw underarm to a partner</li> </ul>
Year 2	<p><b><u>Fundamental movement skills through Outdoor Games</u></b></p> <ul style="list-style-type: none"> <li>• To use a pivot when changing direction whilst moving</li> <li>• To measure and record my scores to identify one technique/skill that I am good at</li> <li>• To suggest how to improve from my scores</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Can I travel to a space safely?</li> <li>• Can I tense and relax my body?</li> <li>• Can I copy stretches</li> <li>• Travelling with balances</li> <li>• Creating a simple sequence for traveling</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• Can I dance imaginatively to music?</li> <li>• Copy dance moves with control and coordination of arms and legs</li> <li>• Create and perform a sequence of dance moves using control and coordination</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• To make decisions if it is best to roll or throw a ball</li> <li>• To roll and throw balls in a circle of peers</li> <li>• To uses rolls and throws in a small game situation</li> </ul>

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Year 3	<p><b><u>Fitness</u></b></p> <ul style="list-style-type: none"> <li>• To recap using appropriate pathways for jogging/sprinting</li> <li>• To explain why it is important to warm up and cool down</li> <li>• To be able to name muscle groups used in running activities</li> <li>• To identify one technique/skill that I am good at</li> <li>• To suggest how to improve from feedback</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• To travel in a given space using turns, spins, and balances in a sequence</li> <li>• To use flight in sequences</li> <li>• To create and adapt their sequences to include different pieces of apparatus with a partner</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• To improvise freely, translating ideas from a stimulus into movement to music</li> <li>• To copy dance moves (e.g., turn, bend, stretch, swing, tilt and jump) with coordination of arms and legs</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• To bring hands to their chest when catching</li> <li>• To work with a partner to create a number of consecutive catches and bowls</li> <li>• To demonstrate the long barrier technique when stopping a rolling ball</li> <li>• To have correct stance and grip when batting</li> <li>• To be aware of fielding positions for left and right handed players</li> </ul>
Year 4	<p><b><u>Fitness</u></b></p> <ul style="list-style-type: none"> <li>• To recap body positions (e.g. bent elbows, long strides) when running</li> <li>• To be able to explain why warming up is important</li> <li>• To explain why keeping fit is good for your health</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• To practice different rolls to travel</li> <li>• To travel in a controlled way on body parts</li> <li>• To include a range of shapes (donkey kicks and pikes)</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• To be able to take leader when working in a group</li> <li>• To use dance to communicate an idea</li> <li>• To work with others to refine their movements and phrases</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• To be able to catch with one hand</li> <li>• To be able to hit a ball with accuracy and control</li> <li>• To introduce the rules of rounders to children</li> <li>• To find a space in the field when you are not in possession of the ball</li> <li>• To work as a team to devise a tactic to remove a batter</li> </ul>
Year 5	<p><b><u>Fitness</u></b></p> <ul style="list-style-type: none"> <li>• To explain the safety principles when preparing for exercise</li> <li>• To explain the effect exercise has on their body</li> <li>• To be able to explain why exercise is important</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• To recap on different shapes in gymnastics and add them to jumps</li> <li>• To perform jumps from a range of heights</li> <li>• To create sequences of movement with a partner, which includes changes of speed and direction</li> <li>• To extend sequences using jumps</li> <li>• To create sequences of movement with a partner, which includes changes of speed and direction</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• To work with others to refine their movements and phrases</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• To find a space in the field when you are not in possession of the ball</li> </ul>

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	<ul style="list-style-type: none"> <li>• To control movements, show clarity, fluency and accuracy</li> <li>• To improvise dances to a particular style</li> <li>• To use steps, formations and patterns from different styles when composing a dance</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to catch a ball from all directions (high, low, left and right)</li> <li>• To begin to play a full rounders match</li> <li>• To incorporate tactics into a rounders match</li> </ul>
Year 6	<p><b><u>Fitness</u></b></p> <ul style="list-style-type: none"> <li>• To make up and remember stretch exercises that increase the range of movement safely</li> <li>• To stretch the muscles raising the heart rate slowly</li> <li>• To breathe and gradually calm the body down after exercise</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• To edit an existing sequence along a different pathway</li> <li>• To edit an existing sequence to include a piece of apparatus</li> <li>• To reverse the order of a sequence</li> <li>• To put partner sequences together to form a small group</li> </ul>
	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Can I move around the space safely?</li> <li>• To work with others to refine movements, show clarity, fluency, and accuracy</li> <li>• To include and know the language of extension, tension, flow, timing, and unison in their phrases</li> <li>• To select their own music to accompany the style and character of their dance</li> </ul>	<p><b><u>Net and Wall</u></b></p> <ul style="list-style-type: none"> <li>• To demonstrate the correct technique for bowling in cricket</li> <li>• To demonstrate the correct technique for batting in cricket</li> <li>• To understand why a bowler should vary where they bowl the ball</li> <li>• To demonstrate a forearm, backhand and overarm serve with a partner (with a net)</li> </ul>