

PE Medium Term Plan 2021-22 – Cycles A and B

Spring 1

Spring 2

Key Stage 1

Outdoor Games/Dance

Outdoor Games/Gymnastic

- **Outdoor games**
 - Hold a balance whilst walking along a straight line
 - Zig zag through a series of markers spaced evenly
 - Hop on the spot using the same foot
- **Dance**
 - Link skills and actions in different ways to suit different activities
 - Establish sequences of actions and skills which have a clear beginning, middle and ending
 - Describe and comment on performance

- **Outdoor Games**
 - Hold a balance whilst walking along a straight line
 - Zig zag through tightly spaced markers
 - Hop on the spot using the same foot
 - Hop along a straight line using the same foot
- **Gymnastics**
 - Hold a balance whilst walking along a straight line
 - Jump for distance
 - Jump for height
 - Link skills and actions in different ways to suit different activities
 - Structure sequences of actions and skills in different orders to improve performance
 - Compare his/her performance with others

Lower Key Stage 2

Outdoor Games/Swimming/Dance

Outdoor Games/Swimming/Gymnastics

- **Outdoor Games**
 - Pass a ball from chest height to a partner
 - Apply skills and tactics in combination with a partner or a part of a group/team
- **Swimming**
 - Jump into a pool and submerge briefly
 - Sink, push away from the wall and glide underwater for a short distance
 - Submerge fully to pick up an object from the bottom of the pool
 - Have reasonable knowledge of the water safety code
- **Dance**

- **Outdoor Games**
 - Perform a drop kick
 - Perform a basketball dribble
 - Strike a ball with a range of bats for accuracy and distance
- **Swimming**
 - Perform a sequence of changing shapes whilst on the surface
 - Perform a surface dive
 - Swim approximately 25m using a range of strokes
 - Swim 10m wearing clothes
 - Exit the water without using steps
- **Gymnastics**
 - Complete a forward roll and land on the feet.
 - Balance on one foot.
 - Climb a set of wall bars (or similar).

- Vary skills, actions and ideas and link these in different ways to suit different activities.
- Vary his/her responses to tactics, strategies and sequences used.
- Compare and contrast his/her performance with others.

- Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.

Upper Key Stage 2

Outdoor Games/Dance

- **Outdoor Games**
 - Dribble a football between cones.
 - Perform a 'drop-kick'.
 - Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.
 - When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition.
 - Develop interest in participating in sports activities and events at a competitive level.
 - When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.
- **Dance**
 - Analyse, modify and refine skills and techniques and how these are applied.
 - Identify different levels of performance and use subject specific vocabulary.
 - Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.

Outdoor Games/Gymnastics

- **Outdoor Games**
 - Perform a drop kick
 - Perform a basketball dribble
 - When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others
- **Gymnastics**
 - Perform a sequence of one footed leaps.
 - Gallop with a fluid motion.
 - Identify different levels of performance and use subject specific vocabulary.
 - Analyse, modify and refine skills and techniques and how these are applied.
 - Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.