

PE Medium Term Plan 2021-22 – Cycle A

Autumn 1

Autumn 2

Key Stage 1

Outdoor Games

Outdoor Games

- Outdoor games with Wigan Athletic
 - Zig zag through a series of markers spaced evenly out
 - Hop on the spot using the same foot
 - Jump for distance and height
- Ball skills and Games
 - Link skills and actions in different ways to suit different activities
- Throwing and Catching
 - Catch a beanbag
 - Throw a small ball underarm using the correct technique

- Outdoor Games with Wigan Athletic
- Throwing and catching
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- Making up games with a partner
 - Identify the importance of having friends

Lower Key Stage 2

Outdoor Games

Outdoor Games

- Outdoor Games with Wigan Athletic
 - Perform a side stepping gallop
 - Run at speed over a distance
 - Vary tactics and strategies used
- 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
- Ball skills
 - Pass a ball at chest height to a partner
 - Kick a ball accurately

- Outdoor Games with Wigan Athletic
 - 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
- Creative Games Making
 - When planning activities and actions, take into account a range of strategies, tactics and routes to success
 - 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

Upper Key Stage 2

Outdoor Games

- Outdoor Games with Wigan Athletic
 - Begin to reflect on mistakes and see them as opportunities to work on
 - Gallop with fluid motion
 - Identify different levels of performance and use subject specific vocabulary
- Net/Court/Wall Games
 - 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 experience of tactics, strategies and composition
- Invasion Games – Hockey and Football
 - Dribble a football between cones
 - Develop interest in participating in sporting activities and events at a competitive level

Outdoor Games

- Outdoor Games with Wigan Athletic
 - 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
- OAA
 - Analyse, modify and refine skills and techniques and how these are applied
- Net/Court/Wall Games – Volleyball and Tennis
 - Strike a ball with a range of bats for accuracy and distance
 - Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy

PE Medium Term Plan 2021-22 – Cycle A

Spring 1

Spring 2

Key Stage 1

Lower Key Stage 2

Upper Key Stage 2

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PE Medium Term Plan 2021-22 – Cycle A

Summer 1

Summer 2

Key Stage 1

Lower Key Stage 2

Upper Key Stage 2

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