



PE Medium Term Plans

<u>Year 1 and 2</u> <u>Sports:</u>	<u>Golden Threads:</u>
Football, Netball, Tennis, Tag Rugby, Cricket and Athletics Dance, Gymnastics, Fitness, Multi-Skills and Real P.E	How you win/score/improve at a sport or performance? How do you move your body to participate? How to defend or attack in a sport in a team or individually What equipment will you need for each sport or performance? How does sport affect fitness, stamina and strength? How to communicate with team in sports or performances

Long Term Plans	Enquiry	Objectives	Golden Threads Links	Assessment
Football	Children will learn how to move the ball in a chosen direction following the rules of football.	- How to kick a ball forwards using different parts of the foot. - How to dribble forwards with the ball using different parts of the foot. - How to tackle safely or block the ball - How to kick the ball into a target and score goals	- Equipment - Footballs and Goals - Dribbling - Passing - Scoring - Tackling - Goals - Body positions - Body movements	- Can child kick ball to a planned space? - Can child move the ball in a direction they want it to go? - Can child take the ball away from someone else using their foot?

		- How to communicate with team mates in a game in order to receive a pass. - How to take a throw in overhead with two hands.		- Can child kick ball into a target (with no goal keeper) - Can child throw the ball over their head to another player - When playing little game does this player join in or move away from the ball?
Dance	Children will begin to see the connection between rhythm of music and their improving body movements	- How to link rhythm of music to their simple body movement e.g walking, jumping and spinning. - How to mirror a partners body movement - How to recreate body movements with a stimulus e.g animals - How to combine movements to create simple dance. - How to tell a simple story e.g nursery rhyme with body movements - How to rehearse and perform dance	- Body Movement - Communication in performance - Fitness, stamina and strength - Improving performance through self and peer evaluation.	- Can child move in time to a rhythm? - Can child copy movement of another? - Can child pretend to move like something else e.g animal? - Can child link more than two movements together? - Can child use movement to tell simple story? - When performing dance in little group does child perform in time with others?

Netball	Children will begin to grow confidence in moving a netball using throwing and catching.	1. How to make hands big to catch the ball and how to move arms to throw it for a pass to a partner. 2. How to stand still when they receive the ball and move when they haven't got the ball. 3. How to use the arms to block the ball when defending. 4. How to throw the ball at a target to score points 5. How to communicate to team mates in order to receive a pass. 6. Understanding how netball can improve fitness, stamina and strength.	• Equipment - Netball and Netposts • Passing • Shooting • Blocking • Attacking and Defending • Throwing • Communication for passing • Stopping and moving into space • Scoring points	• Can child catch and throw the ball with a partner? • Can the child stop when they get the ball? • Can the child make themselves big to block a pass? • Can child hit a target when throwing a ball? • When playing a game does the child try to join in or do they move away from the ball? • Does the child know what happens to their body when they play?
Tennis	Children will learn about the equipment used in tennis and how to use it to start hitting a ball.	1. How to hold a tennis racket and to push the ball to make it move forwards. 2. How to stand in a ready position to react to a moving ball. 3. How to hit a ball forward with a forehand shot 4. How to hit a ball forward with a back hand shot	• Equipment - Racket, ball and net • Ready position • Forehand • Backhand • Volley • Serve	• Can the child push the ball forward on the floor with a racket? • Can the child stand in ready position when a ball is coming to them? • Can a child hit a bounce ball with forehand shot?

		- How to hit a volley shot so the ball goes down to the floor. - How to hit an underarm serve or bounce serve.		- Can child hit a bounced ball with back hand shot? - Can child hit an underarm throw ball with a volley? - Can a child do an underarm serve shot?
Fitness	Children will start to understand how doing exercises affects their body including heart rate and breathing.	- Introduce idea of fitness and effect it has on their body. - Focus on heart rates and what type of movement can increase it. E.g stretching v jogging v sprinting - Introduce idea of flexibility exercises - stretches (yoga opportunity) - Introduce idea of strength exercises e.g new outdoor equipment. - Introduce exercises related to balance e.g walk on line, stand on one leg, partner support, - Introduce exercises related to co-ordination - change of direction exercises and alertness to moving things e.g dodging.	Heart rate Breathing rate Muscles Core Balance Agility Co-ordination Flexibility and Strength	Can child tell you an effect of exercise? Can child tell you how to increase or decrease heart rate? Demonstrate exercise showing flexibility Can child show you an exercise to strengthen muscle. Can child stand on one leg Can child run quickly between row of cones?

Tag Rugby	Children will begin to use dodging and catching skills to play tag rugby	1. How to pull tags of belts of other children in order to stop them moving. 2. How to dodge effectively to stop children catching your tag. 3. How to hold a rugby ball and run with it in two hands 4. How to pass a rugby ball sideways 5. How to put ball down over a scoring line to get points. 6. How to communicate with a team mate to pass the ball.	• Equipment:- Rugby ball, tag belts and tags. • Dodging • Tagging • Scoring line • Passing	Can child tag someone in a catching game? Can child use a dodge to avoid being tagged Can a child hold ball with two hands when they run? Can a child pass the ball sideways swinging with arms? Can child place ball with two hands on floor? When playing little game does the child pay attention to ball or get distracted?
Multi-Skills				
Cricket	Children will begin to learn striking and fielding skills in order to throw, catch and hit a tennis ball.	1. Recap skills of ready position from Tennis to children can react to moving ball either bouncing, rolling or being thrown. 2. How to hold small bats and get children to practice pushing ball (rolling or gentle bounce) back to partner.	Batting and Bowling Overarm and underarm Catching Ready position Runs Stumps Out	Can child stand in ready position Can child move ball with a roll, bounce or throw? Can child hold small bat and push/hit ball? Can child bowl an underarm throw

		- How to move throw the ball to a partner either underarm or overarm. - How to bowl a ball underarm or with straight over arm. - How to score a run by hitting a ball and running between two stumps or posts. - Apply to simple game of quick cricket in small group.		making bounce to a partner? Can child hit a ball and run between to posts? Does child do these things in a small game or only when in partner?
Real PE				
Athletics	Children will understand how athletics affects their bodies including running, jumping, throwing and skipping	- How to react quickly to a start for a race and what body position is best for running quickly. - How to run quickly before a jump in order to jump further - How to use your arm, leg and hips correctly to throw further. - To understand the different technique for throwing ball or javelin. - To use muscles in legs to jump high or over a low obstacle.	- Equipment: sandpit, small orange hurdles, tennis balls, foam javelins, skipping ropes. - Fitness, Stamina and Strength - Speed - Distance - Body positions	Can child react quickly at start of a race? Can child run fast before jumping? Can child throw a ball over a set distance? Can child throw a javelin in the correct direction? Can child jump over low obstacles? Can child skip?

		6. To use legs and arms in time with each other to skip moving forward.		
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