

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL
PE Medium Term Plan Term 1
2023-2024

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Owl Class (EYFS) An Introduction to PE Outdoor Adventurous Activity (Forest Friday)	Theme: witches and wizards To move safely and sensibly in a space with consideration of others.	Theme: witches and wizards To move safely and sensibly in a space with consideration of others.	Theme: mythical creatures To use equipment safely and responsibly.	Theme: to the castle To use different travelling actions whilst following a path.	Theme: superheroes To work with others co-operatively and play as a group.	Theme: monsters To follow, copy and lead a partner.
Hedgehog Class (Y1) Swimming Ball Skills (Short lesson)	To develop control and co-ordination when dribbling a ball with your hands.	To explore accuracy when rolling a ball.	To explore throwing with accuracy towards a target.	To explore throwing with accuracy towards a target.	To explore throwing with accuracy towards a target.	To explore throwing with accuracy towards a target.
Fox Class (Y2) Invasion Games Dance	To understand what being in possession means and support a teammate to do this. THEME: Secret Garden To remember, repeat and link actions to tell the story of my dance.	To understand that scoring goals is an attacking skill and to explore ways to do this. THEME: Secret Garden To develop an understanding of dynamics and how they can show an idea.	To understand that stopping goals is a defending skill and explore ways to do this. THEME: Secret Garden Use counts of 8 to help you stay in time with the music.	To explore how to gain possession. THEME: The Circus To copy, remember and repeat actions using facial expressions to show different characters.	To mark an opponent and understand that this is a defending skill. THEME: The Circus To explore pathways and levels.	To learn to apply simple tactics for attacking and defending. THEME: The Circus To remember and rehearse our circus dance showing expression and character.
Badger Class (Y3) Tag Rugby Dance	To develop throwing, catching and running with the ball. THEME: Machines To create actions in response to a stimulus and move in unison with a partner.	To develop an understanding of tagging rules. THEME: Machines To create actions to move in contact with a partner or interact with a partner.	To begin to use the 'forward pass' and 'off side' rule. THEME: Machines To select and link appropriate actions and dynamics to show our dance idea.	To dodge a defender and move into space when running towards the goal. THEME: A Trip to... To remember, repeat and create actions to represent an idea.	To develop defending skills and use them in a game situation. THEME: A Trip to... To share ideas of actions and dynamics to create a dance that shows a location.	To apply the rules and skills you have learnt and play in a tag rugby tournament. THEME: A Trip to... To use choreographing ideas to develop our dance.

<p>Otter Class (Y4) Football Dance</p>	<p>To develop the attacking skill of dribbling. THEME: The Spy To copy and create actions in response to an idea and be able to adapt this using changes of space.</p>	<p>To develop changing direction and speed when dribbling. THEME: The Spy To choose actions which relate to the theme.</p>	<p>To develop passing and begin to recognise when to use different skills. THEME: The Spy To develop a dance using matching and mirroring.</p>	<p>To apply attacking skills to move towards a goal. THEME: Carnival To learn and create dance moves in the theme of carnival.</p>	<p>To use defending skills to delay an opponent and gain possession. THEME: Carnival To develop a carnival dance using formations, canon and unison.</p>	<p>To apply skills and knowledge to compete in a tournament. THEME: Carnival To develop a dance phrase and perform as part of a class performance.</p>
<p>Robin Class (Y5) Tag Rugby Dance</p>	<p>To understand when to run and when to pass. THEME: Dance by Chance To create a dance using a random structure and perform the actions showing quality and control.</p>	<p>To use the 'forward pass' and 'offside' rules. THEME: Dance by Chance To understand how changing dynamics changes the appearance of the performance.</p>	<p>To introduce the tagging rule and apply this to game situations. THEME: Dance by Chance To understand and use relationships and space to change how a performance looks.</p>	<p>To develop dodging skills to lose a defender. THEME: Rock 'n' Roll To copy and repeat movements in the style of rock 'n' roll.</p>	<p>To develop drawing defence and moving towards goal. THEME: Rock 'n' Roll To work with a partner to copy and repeat actions in time with the music.</p>	<p>To apply rules, skills and tactics learnt to play in a tag rugby tournament. THEME: Rock 'n' Roll To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</p>
<p>Deer Class (Y6) Football Dance</p>	<p>To dribble a ball under pressure maintaining possession. THEME: Stamp, Clap To copy and repeat a dance phrase showing confidence in movements.</p>	<p>To develop dribbling to maintain possess THEME: Stamp, Clap To work with others to explore and develop the dance idea ion.</p>	<p>To choose when to pass and when to dribble. THEME: Stamp, Clap To use changes in dynamics in response to the stimulus.</p>	<p>To move into space to support a teammate. THEME: Bhangra To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</p>	<p>To develop defending skills to gain possession. THEME: Bhangra To perform a bhangra dance, showing an awareness of timing, formations and direction.</p>	<p>To apply rules, skills and principles to play in a tournament. THEME: Bhangra To select, order, structure and perform movements in a bhangra style, showing various group formations.</p>