

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL

PE Medium Term Plan Term 1

	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) Invasion Games Ball Skills	To understand the role of defenders and attackers. To develop control and co-ordination when dribbling a ball with your hands.	To recognise who to pass to and why. To explore accuracy when rolling a ball.	To move towards goal with the ball. To explore throwing with accuracy towards a target.	To support a teammate when playing in attack. To explore throwing with accuracy towards a target.	To move into space showing an awareness of defenders. To explore throwing with accuracy towards a target.	To stay with a player when defending. 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) Swimming	Developing Water Confidence	Improving Kicking Techniques	Introduction to Arm Strokes	Mastering Floating Skills	Building Breathing Skills	Water Safety Awareness
Otter Class (Y4) Football Dance	To develop the attacking skill of dribbling. THEME: The Spy To copy and create actions in response to	To develop changing direction and speed when dribbling. THEME: The Spy	To develop passing and begin to recognise when to use different skills. THEME: The Spy	To apply attacking skills to move towards a goal. THEME: Carnival To learn and create dance moves in the theme of carnival.	To use defending skills to delay an opponent and gain possession. THEME: Carnival	To apply skills and knowledge to compete in a tournament. THEME: Carnival To develop a dance phrase and perform as

	an idea and be able to adapt this using changes of space.	To choose actions which relate to the theme.	To develop a dance using matching and mirroring.		To develop a carnival dance using formations, canon and unison.	part of a class performance.
Robin Class (Y5) Tag Rugby Dance	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.	To use the 'forward pass' and 'offside' rules. THEME: Dance by Chance To understand how changing dynamics changes the appearance of the performance.	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.	To develop dodging skills to lose a defender. THEME: Rock 'n' Roll To copy and repeat movements in the style of rock 'n' roll.	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.	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.
Deer Class (Y6) Football Dance	To dribble a ball under pressure maintaining possession. THEME: Stamp, Clap To copy and repeat a dance phrase showing confidence in movements.	To develop dribbling to maintain possess THEME: Stamp, Clap To work with others to explore and develop the dance idea.ion.	To choose when to pass and when to dribble. THEME: Stamp, Clap To use changes in dynamics in response to the stimulus.	To move into space to support a teammate. THEME: Bhangra To demonstrate a sense of rhythm and energy when performing bhangra style motifs	To develop defending skills to gain possession. THEME: Bhangra To perform a bhangra dance, showing an awareness of timing, formations and direction.	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.