

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL
PE Medium Term Plan Term 2
2023-2024

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|---|--|---|--|---|--|---|
| Owl Class (EYFS) Gymnastics Outdoor Adventurous Activity (Forest Friday) | Theme: rainforest animals To copy and create shapes with your body. | Theme: woodland animals To be able to create shapes whilst on apparatus. | Theme: lakeland animals To develop balancing and taking weight on different body parts. | Theme: desert animals To develop jumping and landing safely. | Theme: sea animals To develop rocking and rolling. | Theme: pet animals To copy and create short sequences by linking actions together. |
| Hedgehog Class (Y1) Swimming Fitness (Short lesson) | To develop knowledge of how exercise can make you feel. | To develop knowledge about how exercise can make you strong and healthy. | To develop knowledge about how exercise relates to breathing. | To develop my understanding of how exercise helps my brain. | To develop my understanding of how exercise helps my muscles. | To begin to understand the importance of daily exercise. |
| Fox Class (Y2) Sending & Receiving Gymnastics | To roll a ball towards a target. To perform gymnastic shapes and link them together. | To track and receive a rolling ball. To perform gymnastics shapes with control and link them together. | To send and receive a ball with your feet. To use shapes to create balances. | To develop catching skills. To use shapes to create balances. | To develop throwing and catching skills. To link travelling actions and balances using apparatus. | To send and receive a ball using a racket. To develop travelling actions and balances using apparatus. |
| Badger Class (Y3) Dodgeball Gymnastics | To develop throwing and apply this to a target game. To be able to create interesting point and patch balances. | To develop dodging skills to avoid being hit. To develop point and patch balances on apparatus. | To develop catching and learn the rules of the skill within this game. To develop stepping into shape jumps with control. | To further develop catching and use the rules of the skill within this game. To develop stepping into shape jumps using apparatus. | To begin to think tactically and apply this to a game. To develop the straight, barrel, and forward roll. | To apply skills and knowledge to compete in a tournament. To include rolls in sequence work using apparatus. |
| Otter Class (Y4) Netball Gymnastics | To develop passing and moving and play within the footwork rule. To develop individual and partner balances. | To use a variety of passes to move towards a goal. To develop individual and partner balances using apparatus. | To develop movement skills to lose a defender. To develop control in performing and landing rotation jumps. | To defend an opponent and try to win the ball. To develop rotation jumps and sequence building using apparatus. | To develop the shooting action. To develop the straight, barrel, forward and straddle roll. | To apply skills and knowledge to play games using netball rules. To assess my straight, barrel, forward and straddle roll. |

| | | | | | | |
|---|---|---|--|--|---|---|
| <p>Robin Class (Y5) Dodgeball Gymnastics</p> | <p>To throw under pressure and apply this to a target game. To perform symmetrical and asymmetrical balances.</p> | <p>To select the appropriate dodging skill for the situation. To perform interesting symmetrical and asymmetrical balances using apparatus.</p> | <p>To develop catching with increasing consistency under pressure. To develop the straight, forward, straddle and backward roll.</p> | <p>To develop defensive techniques and select the appropriate action for the situation. To develop the straight, forward, straddle and backwards roll into a sequence.</p> | <p>To understand and apply tactics in a game. To explore different travelling actions using both canon and synchronisation.</p> | <p>To develop officiating skills and referee a game. To explore different methods of travelling, linking actions in both canon and synchronisation.</p> |
| <p>Deer Class (Y6) Netball Gymnastics</p> | <p>To develop passing and moving to maintain possession. To develop the straddle, forward and backward roll.</p> | <p>To use a variety of attacking skills to lose a defender. To develop rolling into sequence work and on apparatus.</p> | <p>To move into and create space to support a teammate. To develop counter balance and counter tension.</p> | <p>To use defending skills to gain possession. To develop counter balance and counter tension into sequence work with apparatus.</p> | <p>To develop accuracy in the shooting action under pressure. To develop jumps and explore the effect of height.</p> | <p>To use and apply skills, principles and tactics to a game situation. To explore jump sequence work with consideration of performance tools.</p> |