

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL

PE Medium Term Plan Term 2

	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) Sending & Receiving Fitness (Short lesson)	To develop rolling and throwing a ball towards a target. To develop knowledge of how exercise can make you feel.	To develop receiving a rolling ball and tracking skills. To develop knowledge about how exercise can make you strong and healthy.	To be able to send and receive a ball with your feet. To develop knowledge about how exercise relates to breathing.	To develop throwing and catching skills over a short distance. To develop my understanding of how exercise helps my brain.	To develop throwing and catching over a longer distance. To develop my understanding of how exercise helps my muscles.	To apply sending and receiving skills to small games. 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) Swimming	Developing Water Confidence	Improving Kicking Techniques	Introduction to Arm Strokes	Mastering Floating Skills	Building Breathing Skills	Water Safety Awareness
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.

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