



Medium Term Plan PE 2023-2024



Reception KS1 KS2	Term 1 Fundamental Movement skills Team Building & Fundamental Movement Skills Hockey and tag rugby	Term 2 Fundamental Movement skills Football & Gymnastics Hockey and Tag rugby	Term 3 Ball Games & Gymnastics Basketball & Dance Football Dance/gymnastic s	Term 4 Ball Games & Dance Tag Rugby Football Dance/gymnastics	Term 5 Football & Athletics Athletics & Cricket Athletics Cricket/rounders	Term 6 Athletics Hockey Cricket/rounders Athletics
Trips or events						
EYFS	<u>Fundamental Movement skills</u> Developing balance, flexibility and body management. Gaining confidence in a variety of gross motor skills. Working with others.	<u>Fundamental Movement skills</u> Develop Speed and agility in travel and movement. Preparing for co-operative physical activities.	<u>Ball Games</u> Participate in simple sending and receiving games. Score points through sending balls using hitting, striking and throwing skills to correct areas.	<u>Ball Games</u> Participate in simple sending and receiving games. Score points through sending balls using hitting, striking and throwing skills to correct areas. Extend co-ordination for hitting, striking and throwing.	<u>Football</u> Send and receive balls in a variety of situations. Develop basic movements including running and passing.	<u>Athletics</u> Developing basic movements including running, throwing and jumping.

			<u>Gymnastics</u> Developing basic movements such as jumps, balance and rolls. To perform simple movement patterns and sequences.	<u>Dance</u> To accurately replicate basic dance movements and enjoy participating in a broad range of dancing activities.	<u>Athletics</u> Developing basic movements including running, throwing and jumping.	
Year 1	<u>Team Building</u> Preparing for cooperative physical activities. Develop cooperation and solve problem skills. <u>Fundamental Movement Skills</u> Developing balance, flexibility and body management. Gaining confidence in a variety of gross motor skills.	<u>Football</u> To develop dribbling skills To develop passing skills To pass accurately To keep a ball away from a defender To shoot with accuracy <u>Gymnastics</u> Master basic movements and developing agility, balance and co-ordination (ABCs). To extend performance in movement patterns and sequences.	<u>Basketball</u> Participate in simple sending and receiving games. Score points through sending balls using hitting skills to correct areas. <u>Dance</u> Perform short, simple movement patterns. Become increasingly confident in simple body actions and shapes. Watch others and say what they liked about a performance.	<u>Tag Rugby</u> Master basic movements including change of speed, throwing and catching. Work collaboratively to use basic tactics for attack. Participate in simple sending and receiving games.	<u>Athletics</u> Developing basic movements including running, throwing and jumping. Extending agility and co-ordination for basic movements. <u>Cricket</u> Develop basic movements including running, throwing, catching and striking. Participate in simple hit, catch, run games. Extend agility and co-ordination through throwing and catching.	<u>Hockey</u> Send and receive balls in a variety of situations. Develop motor skills to handle sticks with ease and improve agility. Develop attacking and defending skills.

Year 2	<u>Team Building</u> Preparing for cooperative physical activities Develop cooperation and solve problem skills.	<u>Football</u> To develop dribbling skills To develop passing skills To pass accurately To keep a ball away from a defender To shoot with accuracy To take a ball past a defender To play fairly and follow rules of a game.	<u>Basketball</u> Build competence in a range of athletic type activities including running, jumping, throwing. Developing eye to foot co-ordination. Compete as an individual and participate in team games. Participate in increasingly challenging game situations.	<u>Tag Rugby</u> Develop agility in running. Participate in simple sending and receiving games. Participate in competitions for running and throwing. Developing eye to foot co-ordination.	<u>Athletics</u> Developing basic movements including running, throwing and jumping. Extending agility and co-ordination for basic movements. Developing eye to foot co-ordination. <u>Cricket</u> Develop and Master basic movements including running, throwing, catching and striking. Work collaboratively to use basic tactics for batting and fielding. Participate in simple hit, catch, run games.	<u>Hockey</u> Send and receive balls in a variety of situations Develop motor skills to handle sticks with ease and improve agility. Develop basic movements including running, passing, attacking and fielding. Work collaboratively to use basic tactics for attacking and defending. Developing eye to foot co-ordination.
	<u>Fundamental Movement Skills</u> Developing & Mastering balance, flexibility and body management. Gaining confidence in a variety of gross motor skills.	<u>Gymnastics</u> Become increasingly competent and confident in fundamental agility, balance and co-ordination (ABC) in relation to gymnastic activity. Develop and perform simple sequences.	<u>Dance</u> Become increasingly competent and confident in fundamental basic ABC in relation to dance activity. Develop and perform simple movement patterns. Watch others and say what they liked about a performance.			

Year 3	<p><u>Hockey</u></p> <p>Play in a small sided hockey – type invasion game</p> <p>Send and receive balls in a variety of situations</p> <p>Develop motor skills and handle sticks with ease and improve agility</p>	<p><u>Tag rugby</u></p> <p>Handle the rugby ball with confidence</p> <p>Evade attackers using footwork and body control</p> <p>Perform as a team to attack</p> <p>Use basic game principles of tag rugby and play within simpler rules</p>	<p><u>Football</u></p> <p>Be able to show basic control with skills such and sending and receiving the ball</p> <p>To send the ball with some accuracy to maintain possession and build attacking play</p> <p>To implement the basic rules of football</p>	<p><u>Dance/gymnastics</u></p> <p>Respond to a range of stimuli and types of music</p> <p>Explore space, direction, level and speed</p> <p>Experiment creating actions and performing movement with different body parts</p> <p><u>Gymnastics</u></p> <p>Modify actions independently, using different pathways, directions and shapes</p> <p>Consolidate and improve the quality of movements and gymnastics actions</p> <p>To use basic compositional ideas to improve sequence work-unison</p> <p>Identify similarities and differences in a sequence</p> <p>Development of body management over a range of floor exercises</p>	<p><u>Athletics</u></p> <p>Control movement and body actions in response to specific instruction</p> <p>Demonstrate agility and speed</p> <p>Jump for height and distance with balance and control</p> <p>Throw with speed and power and apply appropriate force</p>	<p><u>Rounders</u></p> <p>To be able to play simple rounders games</p> <p>To apply some rules to the games</p> <p>To develop and use simple rounders skills</p>

				<p>Attempt to bring explosive moves into floor work through jumps and leaps</p> <p>Show increasing flexibility in shapes and balances</p>		
Year 4	<p><u>Tag rugby</u></p> <p>Consistently perform basic rules of tag rugby</p> <p>Implement rules and tactics in competitive situations</p> <p>Increase speed and build endurance in game play</p>	<p><u>Hockey</u></p> <p>Consistently perform basic hockey skills such as dribbling and push pass</p> <p>Implement basic rules of hockey</p> <p>Develop tactics and apply them in a game situation</p> <p>Increase speed and endurance during game play</p>	<p><u>Dance/gymnastic</u></p> <p><u>S</u></p> <p>Practice different sections of a dance aiming to put together a performance</p> <p>Perform using facial expressions</p> <p>Perform with a prop</p> <p><u>Gymnastics</u></p> <p>To become increasingly competent and confident to perform skills consistently</p> <p>To be able to perform in time with a partner or group</p> <p>Use compositional ideas in sequences such as changes in height, speed and direction</p> <p>Develop an increased range of body actions and shapes to include in a sequence</p>	<p><u>Football</u></p> <p>To be able to introduce some defensive skills</p> <p>To dribble in different directions using different parts of their feet</p> <p>To be able to pass for distance</p> <p>To be able to evaluate skills to aid improvement</p>	<p><u>Rounders/Cricket</u></p> <p>Develop a range of cricket skills they can apply in a competitive game</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Consolidate existing skills and apply with consistency</p>	<p><u>Athletics</u></p> <p>Using running, jumping and throwing situations children perform these in different ways</p> <p>Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles or runs, jumps, throws</p>
Year 5	<u>Hockey</u>	<u>Tag rugby</u>	<u>Football</u>	<u>Dance/gymnastics</u>	<u>Athletics</u>	<u>Cricket</u>

	<p>Select and apply dribbling and passing skills in a game situation confidently</p> <p>Play effectively in different positions on the pitch</p> <p>Increase power and strength of passes, moving the ball over longer distances</p>	<p>To consistently perform basic tag rugby skills</p> <p>Implement rules and develop tactics in competitive situations</p> <p>To increase speed and build endurance during game play</p>	<p>To play effectively in a variety of positions and formations on the pitch</p> <p>Relate a greater number of attacking and defensive tactics to gameplay</p> <p>To become more skilful when performing movements at speed</p>	<p>Perform different styles of dance fluently and clearly</p> <p>Refine and improve dances to include the use of space rhythm and expression</p> <p>Work collaboratively in groups to compose simple dances</p> <p>Comment on dances suggesting improvements</p> <p>Gymnastics:</p> <p>Create longer and more complex sequences and adapt performances</p> <p>Develop symmetry individually, as a pair and a group</p> <p>Compare performances and judges strengths and areas for development</p> <p>Perform more complex actions, shapes and balances with consistency</p>	<p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes</p> <p>Able to run as part of a relay team working at maximum speed</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy</p>	<p>Link together a range of skills and use in combination</p> <p>Collaborate in a team to choose, use and adapt rules in games</p> <p>Recognise how some aspects of fitness apply to cricket e.g power, flexibility and cardiovascular endurance</p>
Year 6	<p><u>Tag rugby</u></p> <p>To choose and implement a range of tactics and strategies to attack and defend</p> <p>Combine and perform more complex skills at great speed</p> <p>Observe, analyse and recognise good</p>	<p><u>Hockey</u></p> <p>To choose and implement a range of tactics and strategies to attack and defend</p> <p>Combine and perform more complex skills at great speed</p>	<p><u>Dance/gymnastic</u></p> <p><u>S</u></p> <p>Work collaboratively to include more complex compositional ideas</p> <p>Develop motifs and incorporate into self-composed dances as individuals, pairs and groups</p>	<p><u>Football</u></p> <p>Choose and implement a range of strategies to attack and defend</p> <p>To perform a wider range of more complex skills</p> <p>Recognise and describe good individual and team performances</p>	<p><u>Cricket</u></p> <p>Apply with consistency, standard cricket rules in a variety of different styles and games</p> <p>Attempt a small range of recognised shots in isolation and in competitive scenarios</p>	<p><u>Athletics</u></p> <p>Become confident and expert in a range of techniques and recognise their success</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities</p>

	individual and team performances	Recognise and describe good individual and team performances	<p>Talk about different styles of dance with understanding, using appropriate language and terminology</p> <p><u>Gymnastics</u></p> <p>Demonstrate accuracy, clarity and consistency of a movement</p> <p>Work independently and in small groups to make up own sequences</p> <p>Arrange own apparatus to enhance work and vary compositional ideas</p> <p>Experience flight on and off apparatus</p> <p>Compose and practise actions and relate to music</p>	Suggest plan and lead simple drills for given skills	Use a range of tactics for attacking and defending, in the role of the bowler, batter, fielder	Work in collaboration and demonstrate improvement when working with self and others
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Swimming (Year 4)		
Beginner	Intermediate	Advance
Swim short distances between 5 and 20 meters using one consistent stroke	Swim over greater distances, between 10 and 20 meters with confidence in shallow water	Bring control and fluency to at least two recognised strokes
Propel themselves over long distances with the assistance of swimming aids	Begin to use basic swimming techniques including correct arm and leg action	Implement good breathing techniques to allow for smooth stroke patterns
Move with more confidence in the water, including submerging themselves fully	Explore and use basic breathing patterns	Attempt personal survival techniques as an individual and group with success
Enter and exit the water independently	Enter and exit the water in a variety of ways	Link lengths together with turns and attempt tumble turn in isolation and during a stroke

	Take part in problem solving activities such as group floats and team challenges	
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