



PE Medium Term Plan 2023~2024



Year 1	Knowledge	Skills
Autumn 1 Dance (Action words)	Children will know: <ul style="list-style-type: none">different action vocabulary to describe movement;a dance must have a clear start, middle, end.	Children will be able to: <ul style="list-style-type: none">interpret words and perform them through physical actions;express ideas and respond to a range of stimuli;develop skills of travelling, turning and stillness;change shape, size, direction, level, speed.
Autumn 2 Gymnastic and Games	Children will know: <ul style="list-style-type: none">5 different types of jump;safe landing positions;	Children will be able to: <ul style="list-style-type: none">involve apparatus in the performance of jumping actions;develop fundamental movement skills;extend agility, balance and co-ordination;engage in co-operative physical activities;master basic jumping actions;link jumping actions together and to other actions;evaluate and improve short movement phrases
Spring 1 Games (Fundamental)	Children will know: <ul style="list-style-type: none">control and co-ordination is developed in large and small movements;	Children will be able to: <ul style="list-style-type: none">move confidently in a range of ways, safely negotiating space and handling equipment effectively;try new activities, play cooperatively, take turns with others and follow instructions involving several ideas or actions;be part of a group;aim, throw, roll, send, receive, target, catch, kick, strike, dribble and stop;move forwards, backwards and sideways with control and accuracy;
Spring 2 Dance: Weather	Children will know: <ul style="list-style-type: none">changes in size, speed, level and dynamics is possible through gestures and travelling;	Children will be able to: <ul style="list-style-type: none">move in a controlled manner, at different speeds and directions, using different levels and strengths;respond to various stimuli such as pictures, stories and films;use movement imaginatively, within the concept of weather;work individually and in pairs to link together dance sections;



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Summer 1 Gymnastic (Rock 'n' Roll)	Children will know: <ul style="list-style-type: none">• rock and roll actions;• the need to link transitions smoothly;	Children will be able to: <ul style="list-style-type: none">• develop fundamental movement skills;• extend agility, balance and coordination;• engage in co-operative physical activities;• master basic jumping actions;
Summer 2 OAA – Trails, Trust and Teamwork	Children will know: <ul style="list-style-type: none">• the importance of teamwork, trust, communication and cooperation;	Children will be able to: <ul style="list-style-type: none">• solve problems in small groups;



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Year 2	Knowledge	Skills
Autumn 1 Dance: Great Fire	Children will know: <ul style="list-style-type: none">performances have a start and an end;reactions to stimuli can vary in terms of speed of movements and size of actions;	Children will be able to: <ul style="list-style-type: none">explore travelling pathways showing control, change of level/speed/direction;use unison, meet and part and canon;model large and small actions;show a clear start and end;
Autumn 2 Gymnastic and Games	Children will know: <ul style="list-style-type: none">positions of stillness can vary depending on the number of contact points and body parts;	Children will be able to: <ul style="list-style-type: none">develop fundamental movement skills;extend agility, balance and co-ordination;engage in co-operative physical activities;transfer weight from one position of stillness to another;create short movement phrases – linking positions of stillness to other actions;
Spring 1 Games Fundamental	Children will know: <ul style="list-style-type: none">the importance of teamwork to successfully play small games;	Children will be able to: <ul style="list-style-type: none">aim, throw, roll, send, receive, target, catch, kick, strike, dribble and stop;move forwards, backwards and sideways accurately and with control;successfully change directions when on the move;
Spring 2 Dance: Magical Friendship	Children will know: <ul style="list-style-type: none">they can use movement imaginatively to represent concepts;	Children will be able to: <ul style="list-style-type: none">explore changes in size, speed, level and dynamics;use gestures and travelling to show meeting and greeting;respond to various stimuli that links to the dance idea of magical friendships;work individually and in groups to link together dance sections;
Summer 1 Gymnastics	Children will know: <ul style="list-style-type: none">different shape actions and various positions of stillness, rolls and jumps;ways to link actions on low, medium and high levels;	Children will be able to: <ul style="list-style-type: none">develop fundamental movement skills;extend agility, balance and coordination;engage in co-operative physical activities;
Summer 2 OAA – Trails, Trust	Children will know: <ul style="list-style-type: none">the need for teamwork, trust, communication and cooperation;	Children will be able to: <ul style="list-style-type: none">solve problems in small groups;



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and Teamwork		
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Year 3	Knowledge	Skills
Autumn 1 Dance: Solar Systems	Children will know: <ul style="list-style-type: none">• dances have a clear beginning, middle and end;• different dance elements including control, co-ordination, poise, elevation;	Children will be able to: <ul style="list-style-type: none">• vary actions from a range of stimuli, including movement, in different times, places and cultures;• improve skills of travelling, jumping, turning, stillness, gesturing, changing shape and direction;• increase the range of body actions;• compose, practice and perform actions with control;
Autumn 2 Gymnastics	Children will know: <ul style="list-style-type: none">• the need to travel and balance actions into short movement phrases;• travel actions follow different pathways;• movement patterns and accompanying movement phrases;	Children will be able to: <ul style="list-style-type: none">• develop a broad range of skills;• link actions to make sequences of movements;• understand how to improve and evaluate their own success;• develop flexibility, strength, technique, control and balance;
Spring 1 Games	Children will know: <ul style="list-style-type: none">• simple tactics and simple rules for competitive invasion games;	Children will be able to: <ul style="list-style-type: none">• improve skills of travel;• send, chase, receive, aim, dribble, avoid, dodge, attack, defend;• move in and out of space;• apply simple rules and conventions;• use simple tactics;
Spring 2 Athletics	Children will know: <ul style="list-style-type: none">• ways they can go about improving their performance;	Children will be able to: <ul style="list-style-type: none">• use simple tactics to improve performance;• use and apply rules, conventions and tactics to improve performance;• copy, repeat and evaluate simple athletic skills and actions;• show control and co-ordination;• demonstrate improved skills of running, jumping and throwing;• give reasons why warming up in athletics is important;• observe and describe a partner's running, throwing and jumping action;
Summer 1	Children will know:	Children will be able to:



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Gymnastics	<ul style="list-style-type: none">the names of a broad range of skills;	<ul style="list-style-type: none">link actions to make sequences of movement;understand how to improve and evaluate their own success;develop strength, flexibility, technique, control and balance;use hand apparatus in performance of gymnastics actions;perform gymnastics actions and use hand apparatus;show changes in speed, level and direction;link actions involving hand apparatus into movement phases;
Summer 2 OAA: Cooperation, Communication and Consideration	Children will know: <ul style="list-style-type: none">definitions of teamwork, trust, communication and problem solving;	Children will be able to: <ul style="list-style-type: none">use teamwork, trust and communication;solve problems in small and large groups;respond to different challenges and problem-solving tasks in a positive way;



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Year 4	Knowledge	Skills
Autumn 1 Dance: Cold Places	Children will know: <ul style="list-style-type: none">• different movement patterns from a range of stimuli;• how to different movements patterns can be varied;• to make own dances with clear beginning, middle and end;• different dance elements of control, stepping patterns and co-ordination;• simple compositional ideas;• language appropriate for topic to evaluate own and others practise.	Children will be able to: <ul style="list-style-type: none">• improve skills of travelling, jumping, turning, stillness, gesturing;• change shape, size, level and direction;• increase the range of body actions;• compose, practice and perform actions with control and fluency.
Autumn 2 Gymnastics: Principles of Balance	Children will know: <ul style="list-style-type: none">• the principles of balance are affected by contact points, surface area and centre of gravity;• phrases linked to balance;	Children will be able to: <ul style="list-style-type: none">• develop a broad range of skills;• link actions to make sequences of movement;• understand how to improve and evaluate their own success;• develop flexibility, strength, technique, control and balance
Spring 1 Net Games	Children will know: <ul style="list-style-type: none">• tactics, rules and conventions for small-sided, competitive games;• the principles of attack and defence in small sided games.	Children will be able to: <ul style="list-style-type: none">• improve skills of travel;• send, chase, receive, avoid, dodge, attack, defend, movement into/out of space;• perform with control and accuracy.
Spring 2 Gymnastics: Rotation	Children will know: <ul style="list-style-type: none">• key phrases associated with movement as an individual and group;	Children will be able to: <ul style="list-style-type: none">• evaluate and improve own and others practise;• develop skills of unison;• vary and control level, speed, direction; control, jumping;• turn, gesture, act and react to stimuli.
Summer 1 Athletics: Pentathlon	Children will know: <ul style="list-style-type: none">• that following technique points will lead to improving in importance.	Children will be able to: <ul style="list-style-type: none">• how to apply rules and conventions of athletics events;• how to improve own and others performance;• copy, repeat and evaluate simple athletic skills and actions;



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		<ul style="list-style-type: none">• show control and co-ordination;• improve skills of running, jumping and throwing;
Summer 2 OAA Cooperation, Communication and Consideration	Children will know: <ul style="list-style-type: none">• to use teamwork, trust, communication and solve problems;	Children will be able to: <ul style="list-style-type: none">• solve problems in small and large groups;• respond to different challenges and problem-solving tasks.



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Year 5	Knowledge	Skills
Autumn 1 Dance: On the Beach	Children will know: <ul style="list-style-type: none">• key vocabulary associated with movement the specific stimuli;• movement can be varied and adjusted in a wide range of ways.	Children will be able to: <ul style="list-style-type: none">• improve skills of unison and mirroring;• change shape, size, level and direction with control;• increase the range of body actions with specific gestures and repetition.
Autumn 2 Gymnastics and Invasion Games	Children will know: <ul style="list-style-type: none">• to pair sequences using a variety of actions• compositional devices that make a pair sequence more complex and interesting	Children will be able to: <ul style="list-style-type: none">• develop a broad range of skills;• link actions to make sequences of movement;• understand how to improve and evaluate their own and others success;• develop flexibility, strength, technique, with control and balance.
Spring 1 Games: Netball	Children will know: <ul style="list-style-type: none">• a wider range of netball specific skills;• in games you need to apply attacking and defending tactics.	Children will be able to: <ul style="list-style-type: none">• improve skills of moving with the ball;• passing and shooting with accuracy and control;• introduce and develop attacking and defending;• use tactics for moving in and out of space.
Spring 2 Athletics: Heptathlon	Children will know: <ul style="list-style-type: none">• techniques to improves basic skills;• the need to apply rules and conventions of athletic events;• strategic thinking to improve performance as well as evaluate own and others' performance.	Children will be able to: <ul style="list-style-type: none">• copy, repeat and evaluate simple athletic skills and actions;• show control and co-ordination;• improve and evaluate skills of running, jumping and throwing;• select and carry out appropriate warming up and cooling down activities;• recognise how personal health and wellbeing is promoted through participation in athletic activities;• observe and evaluate a partner's running, throwing and jumping action
Summer 1 Gymnastics: Press and Go	Children will know: <ul style="list-style-type: none">• 'Press and Go' actions;	Children will be able to: <ul style="list-style-type: none">• create a sequence and flow between movement phrases;• develop a broad range of skills;



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		<ul style="list-style-type: none">• link actions to make sequences of movement;• understand how to improve and evaluate own success;• develop flexibility, strength, technique, control and balance.
Summer 2 OAA Cooperation, Communication and Consideration	Children will know: <ul style="list-style-type: none">• to use teamwork, trust, communication and solve problems;	Children will be able to: <ul style="list-style-type: none">• solve problems in small and large groups;• respond to different challenges and problem-solving tasks.



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Year 6	Knowledge	Skills
Autumn 1 Dance: Football	Children will know: <ul style="list-style-type: none">• key topic related phrases and how they are related to the activity;• key phrases and how they can be varied and adapted.	Children will be able to: <ul style="list-style-type: none">• improve skills of unison and mirroring;• change shape, size, level and direction with control;• increase the range of body actions with specific gestures and repetition.
Autumn 2 Gymnastics and Hockey	Children will know: <ul style="list-style-type: none">• the difference between symmetrical and asymmetrical gymnastics;• a wide variety of movement phrases and how they can flow and be linked into sequences;• what influences the quality of performance.	Children will be able to: <ul style="list-style-type: none">• develop a broad range of skills;• link actions to make sequences of movement;• understand how to improve and evaluate own success;• develop flexibility, strength, technique, control and balance.
Spring 1 Invasion Games: Tag Rugby	Children will know: <ul style="list-style-type: none">• specific, topic related phrases associated with the invasion game;• the need to focus on multiple elements, such as attack and defence, within the same activity.	Children will be able to: <ul style="list-style-type: none">• apply skills and techniques to small and larger game situations;• use tactics and strategies to improve their and others performance.
Spring 2 Athletics: Decathlon	Children will know: <ul style="list-style-type: none">• how to refine, develop and improve performance in various disciplines;• the importance of rules and conventions of various athletic events;• about thinking strategically to improve own and others performance.	Children will be able to: <ul style="list-style-type: none">• copy, repeat and evaluate simple athletic skills and actions;• show control and co-ordination;• improve knowledge of training methods;• select and carry out appropriate warming up and cooling down activities;• recognise personal health and wellbeing is promoted through participation in athletic activities;• observe and evaluate a partner's running, throwing and jumping actions.
Summer 1 Gymnastics: Group Work	Children will know: <ul style="list-style-type: none">• to explore movements that express and communicate the dance ideas and themes;• the need to link sections of the dance together as an individual and in groups.	Children will be able to: <ul style="list-style-type: none">• select and link movements together;• create and use movement phrases;• apply choreographic devices of canon, unison, action, reaction, speed, direction, order and levels;



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		<ul style="list-style-type: none">• describe performances using dance terminology.
Summer 2 OAA Cooperation, Communication and Consideration	Children will know: <ul style="list-style-type: none">• to use teamwork, trust, communication and solve problems;	Children will be able to: <ul style="list-style-type: none">• solve problems in small and large groups;• respond to different challenges and problem-solving tasks.