**PE Medium Term Planning – Cherry & Sycamore Class**

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| **Cycle 1** | **Autumn 1** | **Autumn2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** | Supertato (FMS) | Under arm throwing | Swimming | Bouncing a ball | Striking and Fielding | Athletics |
| **Character Values** | Confidence  self – Belief | Determination, concentration | Self-Belief, Determination | Resilience | Confidence, determination | Perseverance |
| **Aims of Unit** | To Jump and land safely.  To throw overarm.  To hop on left foot.  To hop on right foot.  To catch a large ball.  To travel on hands and feet.  To climb on climbing frame with confidence.  To carry equipment safely.  To explore different ways of travelling using equipment and apparatus. | Perform a side gallop.  Throw a bean bag underarm.  Keep trying when they find something difficult.  Show willpower when performing skills.  Focus on applying a tactic in a game.  Choose a tactic to outwit an opponent.  Defend the hoop sometimes.  Throw with a level of accuracy into a target. | Get changed calmly and appropriately without adult support.  Demonstrate familiarisation with the poolside.  Sit calmly on poolside feeling the water.  Enter the water safely.  Holding onto the wall begin to move around the pool.  With two feet on the floor in the pool use hands to make splashes.  Holding hands with a familiar adult, jump up and down and submerge your shoulders.    Exit the water safely. | Motivates others to share ideas and create movement ideas.  Can support and reassure others to create a group sequence.  Can support and motivate each other to rehearse and refine group dance.  Preserver and try to improve their dribbling a ball through sustained effort.  Learns from their mistakes and asks for feedback so that they can improve.  Can keep trying in a games situation.  Can show a simple tactic when playing a game. | Catch a ball.  Strike a ball off a tee.  Strike with a drop feed.  Throw a ball overarm when fielding.  Work together as a team when playing a game.  Focus on applying a tactic in a game.  Work in a small group and will encourage others.  Explain where the best place to strike the ball is so they can run as far round as possible.  Use simple tactics, i.e. looking for space to strike the ball into. | Jump for distance and land on two feet.  Perform running techniques.  Throw an object overarm for distance.  Throw an object underarm.  Support teammates when they find something difficult.  Owns up and is honest about their performance when playing jump the river.  Focus on their performance and the progress they make.  Complete an obstacle course with speed and agility.  Understands which throw to use for distance. |
| **Lesson 2** | Tennis | Archery | Multi Skills | Judo | Tennis & Archery | Multi skills & Judo |
| **Character Values** | Confidence,  Self - assurance | Concentration,  confidence | Communication, thinking | Self – respect,  trust |  |  |
| **Aims Of Unit** | Help children develop coordination, speed, agility, leg strength, and flexibility.  Improve a child’s bone strength, muscle growth and bone density.  Children who play sports tend to have stronger immune systems.  Help children master other activities off the court by improving physical strength, flexibility, balance, and fine motor-skills.  Teach children discipline, problem solving skills, good sportsmanship, and ethics.  Tennis fosters social skills and teaches children about the importance of teamwork and communication. | Follow basic safety procedures involved in handling and using archery equipment. Demonstrate proper shooting stance, nocking, aiming, and arrow release techniques.  Develop the basic skills necessary to enjoy archery as a sport. | catching  throwing  travelling  stability  recap how to hold each bat correctly and will develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a partner. Learn how to use simple tactics in tennis and cricket and provides opportunities for them to try these in small-sided games.  move at different speeds, along different pathways, jump a height, jump in different ways or perform a jumping sequence. | To demonstrate Improves children’s focus, develops positive attitudes about sports in general, and increases self-esteem, self-discipline, self-respect, and courtesy toward others.  Demonstrate healthy and strong muscles early on, improving their cardio.  Increase a child’s concentration. | Revisit and consolidate previous knowledge and skills. | Revisit and consolidate previous knowledge and skills. |

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