CROSSGATES PRIMARY SCHOOL – PE MEDIUM TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Soring 2	Summer 1	Summer 2
Reception	Dance unit 1 1. To use our imagination to move like a car 2. How to move our bodies like a ship moves in the wind 3. To use our bodies in different ways to be trains and tunnels 4. How to communicate using Makaton sign language 5. How to tell a story about building a house using our bodies 6. To dance like fire and put a fire out Accessing outdoor provision	Gymnastics Unit 1 1. To move safely. 2. To take off and land on two feet. 3. To balance and move balls and beanbags. 4. To travel on mats and benches. 5. To copy and repeat actions. 6. To perform simple shapes and balances. Accessing outdoor provision	Body management unit 1 1. To balance beanbags 2. To move through hoops in different way 3. To reach and stretch to get equipment 4. To make bridges with our bodies 5. To travel over and under apparatus. 6. To make shapes with our bodies Accessing outdoor provision	Cooperate and solve problems 1. To match colours and symbols. 2. To work as a team to complete a task. 3. To use our bodies to make number shapes. 4. To follow a trail. 5. To work with others to make patterns. 6. To work with a partner to complete challenges. Accessing outdoor provision	Speed agility travel 1. To move in different directions 2. To keep our bodies safe in running games 3. To jump in different directions 4. To stop safely 5. To move at slow and fast speeds 6. To stop safely in different ways Accessing outdoor provision	Manipulation and coordination 1. To handle a balloon. 2. To handle a ball. 3. To kick a ball. 4. To hop, jump and step. 5. To send a ball or beanbag. 6. To send and stop in a game. Accessing outdoor provision
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Year 1	Fitness unit 1 Learning objectives 1. To work as hard as we can for 20 seconds. 2. To understand why we need to rest after exercise. 3. To track and count in fives each type of exercise, 4. To know what a ladder workout is. 5. To relax and be calm after we have exercised. 6. To challenge ourselves to beat our	Gymnastics unit 1 Learning objectives 1. To perform 'like' actions in a sequence. 2. To carry and set up apparatus safely. 3. To perform shapes on large and small body parts. 4. To take off and land and use shape in our jumps. 5. To travel on our feet, showing good body tension. 6. How we can create different levels in	Gymnastics unit 2 Learning objectives 1. To move on, off and over apparatus and use the 'Magic Chair' landing. 2. To rock on different parts of our body and rock using shape. 3. To perform specific point balances such as 'h' and 'y' balance. 4. To perform actions at the same time. as others (unison) 5. To perform actions one person after	Dance unit 1 Learning Objectives: 1. To move as if we are in the jungle 2. To move like a friendly bear 3. To create and perform movements which demonstrate friendship 4. How to mirror other people's actions 5. To perform some basic Lindy Hop actions 6. To know what it feels like to perform a dance. Send and return unit 1	Dance unit 2 Learning objectives: 1. To perform actions to well-known nursery rhymes. 2. To march in time to the beat and turn while marching. 3. To march in time as a group. 4. To perform actions in canon (one after the other). 5. To perform a short dance using canon. 6. To perform in rounds in different	Yoga Learning objectives: 1. To introduce Yoga poses whilst lay or sat down. 2. To introduce Yoga poses whilst standing up tall. 3. To introduce Yoga poses that involve movement. 4. To introduce breathing techniques when performing each pose.

	best score. OAA Learning objectives: 1. To follow simple instructions to complete a trail 2. To find matching symbols 3. To copy and create a hoop dance 4. To work with a partner to complete a hoop challenge 5. To recognise a drawn symbol as a real object 6. To use decision-making skills to hide equipment	our performance. Attack Defend shoot Unit 1 Learning objectives 1. To hit a target 2. To defend a target 3. To roll and slide balls and beanbags 4. To shoot in a game to get points 5. To work with a partner to score points 6. To use our attacking and defending skills in a game	the other (canon). 6. To turn and jump. Hit, catch run Unit 1 Learning objectives: 1. To select space to throw or roll a ball into. 2. To track and collect a rolling ball. 3. To catch a ball to stop an opponent scoring. 4. To use our hands to hit a ball. 5. To run between bases to score points. 6. To work as a team to score points.	Learning objectives 1. To slide a beanbag to a target. 2. To hit a ball in different ways with our hands. 3. To move towards a ball to return it. 4. To work with a partner to stop and return a beanbag. 5. To know what a rally is and rallying with a partner. 6. To send a ball into space to make it harder for our opponent.	groups. Run jump throw unit 1 (athletics/sports day) Learning objectives 1. To start and stop moving at speed. 2. To use our arms when running at different speeds. 3. To take off on two feet to jump for distance. 4. To use correct technique to throw different objects for distance. 5. To show improvement in our throwing. 6. To take part in a competition using running, jumping, and throwing skills.	5. To perform all yoga poses and perform under control. 6. To complete a full routine of Yoga poses. Run jump throw unit 2 Learning objectives: 1. To use agile movements in different activities. 2. Different ways to recognise the start and end of an activity e.g. whistle. 3. To develop stamina when running. 4. To develop core strength to improve throwing. 5. To leap, stride, jump and travel in different ways. 7. To choose the best starting position for running quickly.
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**

Year 2/3 Cycle 1	Handball (yr3) Learning objective 1. to use the ready position to catch effectively. 2. to perform accurate passes in different situations. 3. to move the ball using the three step rule. 4. to prevent the ball from being passed by blocking and intercepting. 5. to use quick effective passes to attack as a team. 6. to develop accurate passing and move into space in a game. OAA Learning objectives: 1. To work as a team to complete a task 2. To use problem-solving to complete a simple treasure hunt 3. To copy and then create a simple movement pattern 4. To give clues to guide a blindfolded person safely 5. To improve performance through repetition	Gymnastics unit 1 Learning objectives 1. to combine 4 elements into a floor sequence. 2. to create power in a variety of different jumps. 3. to take weight on our hands and move in different ways. 4. to use our flexibility in a bridge and japana gymnastic shape. 5. to perform the point balance arabesque. 6. to perform a teddy roll. Attack defend shoot unit 1 (football) Learning objectives: 1. To kick the ball over long and short distances 2. To stop a ball with control using the foot 3. To work as a team to keep the ball 4. To bounce a ball with my partner 5. To bounce the ball while we are moving 6. To pass the ball forward in a game	Gymnastics unit 2 Learning objectives 1. to use a relevé walk in a sequence. 2. to perform a dish and arch shape moving smoothly from one to the other. 3. to develop our strength in back support and crab. 4. to frog jump and leap frog. 5. to hold an L-sit with a straight back. 6. to bring rhythm and flow to our sequence. Send and return unit 2 (Tennis) 1. To feed a ball to our partner with consistency 2. To send the ball to different parts of the court 3. To throw and catch in a seated position 4. To accurately serve the ball to different parts of the court 5. To use overarm attacking shots in a game 6. To manage what we should be doing within the competition	Dance unit 1 Learning Objectives 1. how to move like Penguin Small 2. how to move like a polar bear 3. how to move like a snowman 4. how to move like the sea using canon 5. how to make an ending to a dance 6. How to perform a class dance with beginning, middle and end Hit catch run unit 1 (cricket) Learning objectives 1. To hit a ball and score points by running to cones 2. To defend a target by kicking 3. To bowl underarm with control 4. To hit a ball using different bats and techniques 5. To throw accurately to a base 6. To hit a ball into a space, away from fielders	Dance unit 2 Learning Objectives 1. To develop a dance that shows different emotions, 2. To dance with rhythm following a clockwork pattern. 3. To work on our own to create a short movement phrase. 4. To watch, copy and repeat actions to create a 'motif'. 5. To perform our motif in different formations. 6. To use different movement pathways in our dance. Run, jump, throw unit 1 (Athletics) Learning Objectives 1. To move quickly whilst being aware of others around. 2. To create power with our legs to turn at speed. 3. To move through an obstacle course with speed and control. 4. To choose the best throw for different situations. 5. To work with a partner and explore different jumps for distance. 6. To compete as part of a team to run, jump and throw.	Yoga Learning Objectives 1. To perform Yoga poses whilst lay or sat down. 2. To introduce Yoga poses whilst stood up. 3. To introduce Yoga poses that involve movement. 4. To introduce yoga poses that involve balancing. 5. To develop the breathing techniques hen performing each pose. 6. To complete a full routine of Yoga poses. Run jump throw unit 2 Learning Objectives 1. To work individually to run over a longer distance. 2. To develop strength and jump for height 3. To create power when throwing for distance. 4. To use breathing techniques to be able to run more. 5. To adapt our rolling style for different games 6. To listen to others and work as a

						team to achieve the highest score possible.
Year 2/3 Cycle 2	Fitness (KS2 unit 1) 1. To use coordination in our exercise. 2. To keep moving even when we are tired. 3. To know what AMRAP stands for and participate in it. 4. To identify what we find challenging and why. 5. To work under time pressure. 6. To beat our previous score and work out the difference in scores. OAA 1. To use clear communication, strength and flexibility to complete a task. 2. To work with others to complete map reading tasks. 3. To draw and create a clear route on a map for others to follow. 4. With others to identify what went well and what we could	Handball 1. To use the ready position to catch effectively. 2. To perform accurate passes in different situations. 3. To move with the ball using the 3-step rule. 4. To prevent the ball being passed by blocking and intercepting. 5. To use quick, effective passes to attack as a team. 7. To develop accurate passing and move into space in a game. Football <u>Learning objectives:</u> 1. To use the inside of the foot to pass the ball. 2. To trap a ball with control that is moving along the ground.	Gymnastics unit 1 1. To show extension and tension in our actions. 2. To move in and out of contrasting shapes with fluency. 3. To perform a sequence using different types of rolls. 4. To perform different shape jumps from low apparatus with control. 5. To perform a short group sequence in unison, taking weight on hands. 6. To create and perform a group gymnastics sequence using the skills learned in this unit. Tennis 1. To use the ready position to return a ball. 2. To hit the ball to different parts of the court using a forehand hit.	Gymnastics unit 2 1. To perform a Japana with control and link it smoothly to other gymnastics actions. 2. To use bounces and broad jumps with power and control in a sequence. 3. To take weight through our hands and arms and attempt a half lever. 4. To transition from one element to another, demonstrating control 5. To control our body weight through our hands and perform a side support 6. To combine our body-management skills into a creative final performance	Dance unit 1 1. To represent the character of Matilda in our movements. 2. To represent Matilda's magical powers in a duet. 3. To represent the character of Miss Trunchbull in our movements 4. To demonstrate Miss Trunchbull's punishments in a duet. 5. To put our ideas together to create a class dance. 6. To perform a class dance. Athletics 1. To perform jumping and hopping sequences. 2. To run at different speeds. 3. To approach and jump hurdles.	Dance unit 2 1. How to represent pirates in our movements. 2. To create a journey duet. 3. To create a searching solo phrase. 4. To show in our dance that we have found treasure. 5. To combine our solo and duet phrases into a class dance. 6. To perform a class dance. Rounders 1. To get into the best body position to field a ball.

	do to improve. 5. To identify and explain what is required to complete a variety of challenges. 6. To safely take part in trust-based activities.	3. To pass the ball accurately into space over short distances. 4. To identify and move into space to receive the ball. 5. To use the outside of the foot to control the ball and dribble. 6. To cushion the ball when receiving it.	3. To perform an underarm serve to start a rally. 4. To move towards a ball to return it over the net. 5. To play cooperatively with a partner to keep the ball moving over the net. 6. To perform forehand hits to score points in a competition.	Cricket 1. To hit a stationary ball into space using the straight drive. 2. To bowl underarm to a batter with some consistency. 3. To use the correct footwork to strike a bowled ball. 4. To stop a moving ball using the long barrier technique. 5. To throw longer distances overarm. 6. To perform as a wicketkeeper	4. To throw a javelin using the pull-throw technique. 5. To perform a variety of skipping techniques. 6. To keep score accurately over a range of events.	2. To bowl with some consistency in a game. 3. To hit a moving ball with one hand. 4. To stop a moving ball with the long barrier technique. 5. To throw longer distances using the overarm technique. 6. To select and apply new skills in a competition

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Year 4/5 Cycle 1	Handball Learning objectives: 1. To protect the ball from our opponent after catching it 2. Basic overarm shooting technique 3. To build an attack in a team using the 3- man weave 4. To perform turns on the move to get back and defend 5. To perform a 7-metre throw with power and accuracy 6. To use a throw off to restart a game OAA Learning objectives: 1. To work collaboratively to complete a problem-solving task 2. To work collaboratively to create shapes whilst blindfolded 3. To name and recognise the cardinal points of the compass 4. To complete an orienteering task calmly under time pressure 5. To work with a partner to use a map to follow a course 6. To recognise and recall	Gymnastics unit 1 Learning objectives 1. to perform a 6-element sequence that uses changes in speed and direction. 2. to use the STEP principle to create and perform a partner sequence. 3. to take weight on our hands, showing control. 4. to develop a sequence using compositional ideas, e.g. pathways 5. to co-operate as a group to refine a short sequence. 6. to compare and judge sequences. Netball Learning objectives 1. to protect the ball once we have caught it. 2. to use basic shooting techniques in a game. 3. one-to-one marking. 4. to pivot once we have caught the ball. 5. to use quick feet. 6. to use preliminary moves.	Gymnastics unit 2 Learning objectives 1. to perform a weighted bunny hop showing control and balance. 2. an arabesque balance and over-the shoulder roll. 3. to identify and engage core muscles for stability. 4. to smoothly transition from a front support to side support. 5. to perform a shoulder stand with control. 6. to combine all elements of this unit, showing smooth transitions. Hockey Leaning objectives 1. to perform a push pass with accuracy. 2. to perform a straight dribble to maintain possession. 3. to use reverse-stick to control a ball on the far side of our body. 4. to use a slap pass to send the ball over longer distances. 5. to turn to keep the ball under control and move into space.	Dance unit 1 Learning objectives 1. How to create a secret agent solo dance. 2. To remember, perform and master an agent phrase. 3. To develop a trio dance using relationship variations 4. To create a combat trio 5. To use gestures to create a secret mission ending. 6. To perform a secret agent dance with control, precision and skill. Tennis 1. to return to the middle of the court after playing a shot. 2. to accurately use the forehand in game situations to score points. 3. to play a backhand shot with some control. 4. to combine ready position and court movement to consistently return the serve. 5. to work with a partner to score points	Dance unit 2 Learning objectives 1. To use the Jumanji story to create a dice and counter solo dance 2. How to remember, master and perform a monsoon phrase. 3. To develop a trio dance using relationship variations like moving away/towards. 4. To create a rhino trio phrase and use timing to make it interesting to watch. 5. To use actions to create the ending to the board game. 6. To use performance skills in our Jumanji dance, showing control, precision and skill. Athletics Learning objectives 1. To challenge ourselves in running, jumping and throwing tasks 2. To accelerate over short distances. 3. To run and jump using one-footed take-off. 4. To use a sling action to throw a discus. 5. To run on a curve and exchange a baton in our team 6. To apply the skills we have developed in a competitive way	Yoga Learning objectives 1. To develop the breathing technique needed for each yoga pose. 2. To develop poses that involve flexibility 3. To develop oses that involve balancing 4. To develop poses that involve movement. 5. To develop poses that involve movement. 6. To complete a full routine of Yoga poses. Rounders Learning objectives 1. To hit the ball in different directions. 2. To run between the posts and avoid getting stumped out. 3. To intercept the ball using one hand. 4. To underarm bowl, abiding by the rules

	common map symbols from a key		6. to develop new skills in competitive situations and look to improve.	in a game. 6. to use forehand and backhand shots to score points in a competitive situation.		of bowling. 5. To play the role of backstop in a small game. 6. The rounders scoring system and using it in a game.
Year 4/5 Cycle 2 Year 5s also go swimming	Fitness KS2 Unit 2 1. The signs of dehydration. 2. Why rest is important, and we should not overdo exercise. 3. To maintain balance while performing. 4. Why sleep is important. 5. What a pyramid workout is. 6. The benefits of 'whole body' exercise.	Gymnastics unit 1 1. Travel by taking weight on our hands and use it in a sequence 2. To create and perform a partner sequence using symmetry. 3. To create and perform a partner sequence using asymmetry. 4. To perform a counter-balance with a partner. 5. To perform smooth transitions between counterbalances using different levels. 6. To evaluate each other's work and suggest improvements.	(Gymnastics Unit 2) 1. To perform precise symmetrical and asymmetrical balances and combine them with a partner 2. To refine balances through mirroring, matching and contact. 3. To roll over the shoulder and link with a jump to change level and direction. 4. To transform smoothly between symmetrical and asymmetrical counterbalances. 5. To link controlled cartwheel actions within partner work. 6. To combine our skills into a controlled, creative group performance	Dance unit 1 1. How to dance in the style of Bollywood. 2. How to create a Bollywood dance duet. 3. How to present and appreciate a Bollywood dance. 4. How to dance in the Line Dancing style. 5. How to create a group Line Dance. 6. How to present and appreciate a Line Dance.	Dance unit 2 1. To communicate the theme of heroes through our dance. 2. To manipulate and develop actions using a range of devices. 3. To create interesting and varied dance actions as a group using levels. 4. To use jumps to bring power and energy to our dance phrase. 5. To show the theme of an attack, performing at a low level. 6. To work effectively with others to improve movement quality and performance. Athletics 1. To run for speed & distance on our own and as part of a team. 2. Pacing our run over longer distances. 3. Different jumping styles and exploring which ones we can jump further with 4. To use the push-throw technique.	Yoga 1. TO perform the breathing technique needed each pose 2. To perform that involve flexibility. 3. TO perform poses that involve balancing 4. To perform poses that involve movement. 5. To create their own Yoga routine using the poses that have been taught. 6. To deliver a Yoga lesson to a partner.

	OAA Learning objectives: 1. To explore different ways of communicating with a blindfolded partner 2. To follow a designated route at maximum speed and complete a task safely 3. To use memory methods to recall different objects whilst navigating 4. to use clear communication to recreate a shape as a team 5. To use imagination and creative thinking to create the tallest marshmallow tower 6. To send and interpret messages using Morse Code	Netball 1. To choose the appropriate pass for different scenarios. 2. To find space to receive in a game. 3. To use different dodging techniques to outwit a defender and get free. 4. To practice and perform pivoting and quick turns. 5. To get into closer shooting positions. 6. To react and move quickly in isolation and in games.	Football Learning objectives: 1. To turn with the ball 2. To travel quickly and effectively when running with the ball 3. To combine running with the ball and sending it into space 4. To maintain their position when attacking to create space 5. To perform a stepover to beat a defender 6. To control a bouncing ball, keeping it close to the body	Cricket 1. To work with a partner to score runs. 2. To throw accurately over short distances to get batters out. 3. To track and move with the ball to catch it effectively as the wicketkeeper 4. To attempt to overarm bowl using the correct grip 5. To play a forward defensive shot. 6. To set a field in a game to limit the runs scored by a batter.	5. To exchange a baton within a restricted area. 6. To design a running, jumping or throwing activity for others using the step principle.	Rounders 1. To judge how far you can run based on the distance of a hit. 2. To throw over short distances with power and accuracy to get batters out. 3. To follow the path of the ball to make sure it is fielded consistently. 4. The backwards hit rule and using it tactically as the backstop. 5. To hit the ball into gaps to maximise the

						chance of scoring. 6. To set a field in a game to limit the scoring of a batter.
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Year 6	Handball Learning objectives 1. To play in a game abiding by the double dribble rule. 2. The concept of screening and attempting it in a game. 3. Patience around the D to find the best position to shoot. 4. To show control of the ball when dribbling under pressure. 5. To counterattack into space with speed. 6. To develop decision-making skills in game situations. OAA Learning objectives: 1. To work with a partner to successfully orient and follow a map 2. To work in partnership and use our knowledge to answer questions under pressure.	Gymnastics unit 1 Learning objectives 1. to use controlled flight onto high apparatus. 2. What a base and a flyer are in partner balances and learning to perform both roles. 3. to perform more advanced partner balances and evaluate others' work 4. to incorporate equipment such as hoops and balls into a sequence. 5. to incorporate musicality and timing into a group sequence. 6. to combine our skills in partner balances and rhythmic gymnastics in a team performance. Netball Learning objectives 1. Ways to improve coordination.	Gymnastics unit 2 Learning objectives 1. to perform a 10-element sequence using both floor and apparatus. 2. to perform with equipment and respond creatively to music. 3. to create judging criteria and assess performances against it. 4. to create and perform interesting patterns as part of a group. 5. to select and apply the appropriate walk and presentation to start a sequence. 6. to perform a 10-element sequence with a 1-minute time limit. Hockey Learning objectives: 1. To shoot under pressure from close range 2. To perform long corner routines as part of a team	Dance unit 1 Learning objectives 1. how to perform key Street Dance actions. 2. how to build conflict into our dance using choreographic devices. 3. how to prepare for and perform a street dance 4. what physical theatre is and how to perform it 5. how to show intention and tell a story with our physical theatre 6. how to create and perform a physical theatre duet Cricket 1. To create pressure on a batter by using a ring field. 2. To track and catch a high ball consistently.	Dance unit 2 Learning objectives 1. To portray the theme of gangs through our movements and gestures. 2. To use devices such as contrast and variation in a group dance. 3. To use formations to demonstrate tension in relationships between performers. 4. To use claps, stamps and slaps to perform a live aural setting. 5. To dance as opposing gangs attacking each other. 6. To show performance qualities in our gang Athletics Learning objectives 1. Sprint start technique to increase our running speed. 2. The three phrases of triple jump. 3. The heave throw technique and what it is used for. 4. To assess our own ability to play our role in parlauff.	Yoga Learning objectives 1. To perform the breather technique needed for each Yoga pose. 2. To perfom poses that involve flexibility. 3. To perform poses that involve balancing. 4. To perform poses that involve movement. 5. To create their own Yoga routine using the poses that they have been taught. 6. To deliver a Yoga lesson and deliver to a small group. Rounders Learning objectives 1. attacking, tactical bowling to make it more difficult for the batter to hit.

	3. To safely perform a small group balance 4. To work efficiently as part of a team to complete a range of tasks 5. To create a fin and challenging game for others to complete 6. To listen to others to refine and adapt ideas to complete a complex task	2. To mark the pass or the shot. 3. Organisation in and around the semicircle. 4. To compete to win the rebounding ball. 5. To stay active to intercept a pass. 6. To stay onside in games depending on the position being played.	3. To use goal-side marking to prevent an attacker from getting close to goal 4. To use a banana run to force an oncoming attacker out wide 5. To use a hit out to successfully to restart a game 6. Indian dribble and to play competitively using new skills	3. To perform a short-pitched bowl to get a batter to hit the ball in the air. 4. To work in a pair to restrict runs scored when fielding. 5. To play an on-drive. 6. To set an attacking field.	5. The scissor jump technique and when it would be used in athletics. 6. To record and relay results over a range of track and field events.	2. to track and catch a high ball. 3. the difference between attacking and defensive batting. 4. to work in a pair in the field to restrict scoring. 5. to apply tactics when running around bases to avoid overtakes. 6. to apply attacking and defensive tactics in a competitive situation.