



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Nur	<p style="text-align: center;">Development Matters 3&4 year olds will be learning to: (Physical Development)</p> <ul style="list-style-type: none">-Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks.-Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.-Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
Rec	<p style="text-align: center;">Early Learning Goal 2021 (Physical Development: Gross Motor Skills)</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none">- Negotiate space and obstacles safely, with consideration for themselves and others- Demonstrate strength, balance and coordination when playing- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p style="text-align: center;">Development Matters - Reception will be learning to:</p> <p>Physical Development</p> <ul style="list-style-type: none">- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing- Progress towards a more fluent style of moving, with developing control and grace.- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor- Combine different movements with ease and fluency.- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. <p>Expressive arts and design</p> <ul style="list-style-type: none">- Explore, use and refine a variety of artistic effects to express their ideas and feelings. Return to and build on their previous learning, refining ideas and developing their ability to represent them.- Create collaboratively, sharing ideas, resources and skills.- Listen attentively, move to and talk about music, expressing their feelings and responses.- Watch and talk about dance and performance art, expressing their feelings and responses.



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



KS1	<p>National Curriculum</p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• master basic movements, including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities• participate in team games, developing simple tactics for attacking and defending• perform dances using simple movement patterns
KS2	<p>National Curriculum</p> <p>Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• use running, jumping, catching and throwing in isolation and in combination• play competitive games, modified where appropriate, (for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending• develop flexibility, strength, technique, control and balance, (for example through gymnastics and athletics)• perform dances using a range of movement patterns• take part in outdoor and adventurous activity challenges both individually and within a team• compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming and water safety All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none">• swim competently, confidently and proficiently over a distance of at least 25 metres• use a range of strokes effectively, (for example front crawl, backstroke and breaststroke)• perform safe self-rescue in different water-based situations.
	<p>School Scheme of Work for PE</p> <p>R to Y6 follow 'Get Set 4 PE' scheme. © Copyright Get Set 4 Education. Y4 swim at North Lincolnshire pools using North Lincolnshire Council Swimming Instructors.</p>



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Nur	<p style="text-align: center;">Autumn Movement</p> <p>-to walk/run in a variety of directions and at different speeds -can mount stairs/crates etc. using alternate feet</p> <p style="text-align: center;">Small apparatus</p> <p>-can attempt to catch a large ball</p> <p style="text-align: center;">Dance</p> <p>-joins in with simple ring game -imitates movement in response to music <i>Key Vocabulary: direction, walk, run, fast/er, slow/er, change, space, safely, move, copy, shape, stop, start, go, catch, throw, over, under, bend</i></p>		<p style="text-align: center;">Spring Movement</p> <p>-to move in a range of ways e.g. slithering, shuffling, rolling, crawling -can run with skill adjusting speed and direction to avoid obstacles</p> <p style="text-align: center;">Small apparatus</p> <p>-can play games involving catching large balls</p> <p style="text-align: center;">Dance</p> <p>-is beginning to move rhythmically using large muscle movements using materials -can use movement to express feelings <i>Key Vocabulary: slithering, shuffling, rolling, crawling, games, movement, around</i></p>		<p style="text-align: center;">Summer Movement</p> <p>-to move freely and with confidence in a range of ways including skipping and hopping -can stand momentarily on one foot when shown</p> <p style="text-align: center;">Small apparatus</p> <p>-can catch a large ball and create their own game in a team</p> <p style="text-align: center;">Dance</p> <p>-can capture an experience using dance -can capture a response using dance -can copy and follow a simple sequence and remember a simple sequence with 3 movements <i>Key Vocabulary: skipping, hopping, team, jogging</i></p>	
R	<p style="text-align: center;">Autumn 1</p> <p style="text-align: center;">Introduction to PE</p> <p>-to move around safely in space -to follow instructions and stop safely -to stop safely and develop control when using equipment -to follow instructions and play safely as a group -to follow a path and take turns -to work co-operatively with a partner. <i>Key Vocabulary: travel, forwards, backwards, sideways, control, equipment, follow</i></p>	<p style="text-align: center;">Autumn 2</p> <p style="text-align: center;">Fundamentals</p> <p>-to develop balance -to develop running and stopping -to develop changing direction -to develop jumping -to develop hopping -to explore different ways to travel using equipment <i>Key Vocabulary: direction, balance, jumping, high, low</i></p>	<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Dance</p> <p>-to copy, repeat and explore actions in response to a theme -to explore and remember actions considering level, shape and direction -to explore movement using a prop with control and co-ordination -to move with control and co-ordination, expressing ideas through movement -to remember and repeat actions moving in time with the music -to explore actions in response to a theme and begin to use counts <i>Key Vocabulary: sideways, repeat, level, explore, prop, counts, sequence</i></p>	<p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Ball Skills</p> <p>-to develop rolling and tracking a ball -to develop accuracy when throwing to a target -to develop dribbling with hands -to develop throwing and catching with a partner -to develop dribbling a ball with your feet -to develop kicking a ball to a target <i>Key Vocabulary: target, aim, dribbling, kicking, push</i></p>	<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Games</p> <p>-to aim when throwing and practise keeping score -to follow instructions and move safely when playing tagging games -to learn to play against a partner -to develop co-ordination and play by the rules -to explore striking a ball and keeping score -to work co-operatively as a team <i>Key Vocabulary: dodge, score, tag, striking, rules, hit, bounce, pass, side-stepping</i></p>	<p style="text-align: center;">Summer 2</p> <p style="text-align: center;">Gymnastics</p> <p>-to create short sequences using shapes, balances and travelling actions -to develop balancing and safely using apparatus -to develop jumping and landing safely from a height -to develop rocking and rolling -to explore travelling around, over and through apparatus -to create sequences using apparatus <i>Key Vocabulary: land, through, tuck, straight, star, pike, straddle, rock</i></p>



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Y1	Fundamentals	Dance	Fitness	Sending and Receiving	Gymnastics	Athletics
	<ul style="list-style-type: none"> -To explore balance, stability and landing safely. -To explore how the body moves differently when running at different speeds. -To explore changing direction and dodging. -To explore jumping, hopping and skipping actions. -To explore co-ordination and combination jumps. -To explore combination jumping and skipping in an individual rope. <p><i>Key Vocabulary: stable/stability, dodging, co-ordinate, combination, instructions, sprint</i></p>	<ul style="list-style-type: none"> -To use counts of 8 to move in time and make my dance look interesting. -To explore pathways in my dance. -To create my own dance using, actions, pathways and counts. -To explore speeds and actions in our pirate inspired dance. -To copy, repeat, create and perform actions that represent the theme. -To explore speeds and actions in our toy inspired dance. -To use expression and create actions that relate to the story. -To use a pathway when travelling. -To explore and copy actions in response to a theme. <p><i>Key Vocabulary: pathways, actions, level, create, perform, pose, glide, spin, position</i></p>	<ul style="list-style-type: none"> -To develop knowledge of how exercise can make you feel. -To develop knowledge about how exercise can make you strong and healthy -To develop knowledge about how exercise relates to breathing. -To develop my understanding of how exercise helps my brain. -To develop my understanding of how exercise helps my muscles. -To begin to understand the importance of daily exercise. <p><i>Key Vocabulary: exercise, heart, lungs, mood, fitness</i></p>	<ul style="list-style-type: none"> -To develop rolling and throwing a ball towards a target. -To develop receiving a rolling ball and tracking skills. -To be able to send and receive a ball with your feet. -To develop throwing and catching skills over a short distance. -To develop throwing and catching skills over a longer distance. -To apply sending and receiving skills to small games. <p><i>Key Vocabulary: receive, send, pull, opposite, teammates</i></p>	<ul style="list-style-type: none"> -To explore travelling movements. -To develop quality when performing and linking shapes. -To develop stability and control when performing balances. -To develop technique and control when performing shape jumps. -To develop technique in the barrel, straight and forward roll. -To link gymnastic actions to create a sequence. <p><i>Key Vocabulary: linking, barrel roll, straight roll, forward roll, point</i></p>	<ul style="list-style-type: none"> -To move at different speeds over varying distances. -To develop balance. -To develop agility and co-ordination. -To explore hopping, jumping and leaping for distance. -To develop throwing for distance. -To develop throwing for accuracy. <p><i>Key Vocabulary: far, near, improve, stride, leaping</i></p>
Invasion	Target Games	Ball Skills	Team Building	Striking and Fielding	Net and Wall	
<ul style="list-style-type: none"> -To use a pathway when travelling. -To understand who to pass to and why when playing against a defender. -To move towards a goal with the ball. -To support a teammate when in possession. -To move into space showing an awareness of defenders. -To be able to stay with a player when defending. <p><i>Key Vocabulary: attack/er, defend/er, possession, partner</i></p>	<ul style="list-style-type: none"> -To develop underarm throwing towards a target. -To develop throwing for accuracy. -To develop underarm and overarm throwing for accuracy. -To develop throwing for accuracy and distance using underarm and overarm. -To select the correct technique for the situation. -To develop throwing for accuracy and distance. <p><i>Key Vocabulary: zone, underarm, overarm</i></p>	<ul style="list-style-type: none"> -To develop control and co-ordination when dribbling a ball with your hands. -To explore accuracy when rolling a ball. -To explore throwing with accuracy towards a target. -To explore catching with two hands. -To explore control and co-ordination when dribbling a ball with your feet. -To explore tracking a ball that is coming towards me. <p><i>Key Vocabulary: tracking, accuracy</i></p>	<ul style="list-style-type: none"> -To co-operate and communicate with a partner to solve challenges. -To explore and develop teamwork skills. -To develop communication skills. -To use communication skills to lead a partner. -To plan with a partner and small group to solve problems. -To communicate with a group to solve challenges. <p><i>Key Vocabulary: co-operate, solve, lead, teamwork, plan</i></p>	<ul style="list-style-type: none"> -To develop underarm throwing and catching and put this into small sided games. -To develop overarm throwing. -To develop striking a ball with my hand and equipment. -To retrieve a ball when fielding. -To understand how to get a batter out. To develop decision making and understand how to score points <p><i>Key Vocabulary: distance, fielding, batter, bowler</i></p>	<ul style="list-style-type: none"> -To defend space, using the ready position. -To play against an opponent and keep the score -To develop control when handling a racket. -To develop racket and ball skills. -To develop sending a ball using a racket. -To develop hitting over a net. <p><i>Key Vocabulary: racket, ready position, net, court</i></p>	



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Y2	Fundamentals	Fitness	Dance	Team Building	Athletics	Yoga
	<ul style="list-style-type: none"> -To develop balance, stability and landing safely. -To explore how the body moves differently when running at different speeds. -To develop changing direction and dodging. -To develop and explore jumping, hopping and skipping actions. -To develop co-ordination and combining jumps. -To develop combination jumping and skipping in an individual rope. 	<ul style="list-style-type: none"> -To understand how to run for longer periods of time without stopping. -To develop co-ordination and timing when jumping in a long rope. -To develop individual skipping. -To take part in a circuit to develop stamina and agility. -To explore exercises that use your own body weight. -To develop 'ABC,' agility, balance and co-ordination. <p><i>Key Vocabulary: circuit, stamina, agility</i></p>	<ul style="list-style-type: none"> -To remember, repeat and link actions to tell the story of my dance. -To develop an understanding of dynamics and how they can show an idea. -Use counts of 8 to help you stay in time with the music. -To explore pathways and levels. -Show expression and character. -To copy, repeat and create actions in response to a stimulus and considering dynamics. -To create a short dance phrase with a partner showing clear changes of speed. -To copy, repeat and create movement patterns in response to the theme. -To create and perform using unison, mirroring and matching with a partner. <p><i>Key Vocabulary: expression, timing, unison, mirror, dynamics, rehearse, phrase</i></p>	<ul style="list-style-type: none"> -To follow instructions and work with others. -To co-operate and communicate in a small group to solve challenges. -To create a plan with a group to solve the challenges. -To communicate effectively and develop trust. -To work as a group to solve problems. -To work with a group to copy and create a basic map. <p><i>Key Vocabulary: support, successful, trust</i></p>	<ul style="list-style-type: none"> -To develop the sprinting action. -To develop jumping for distance. -To develop technique when jumping for height. -To develop throwing for distance. -To develop throwing for accuracy. -To develop technique when taking part in an athletics carousel. <p><i>Key Vocabulary: accuracy, technique, take off, height, hurdle</i></p>	<ul style="list-style-type: none"> -To copy and repeat yoga poses. -To develop an awareness of strength when completing yoga poses. -To develop an awareness of flexibility when completing yoga poses. -To copy and remember actions linking them into a flow. -To create a flow and teach it to a partner. -To explore poses and create a yoga flow. <p><i>Key Vocabulary: yoga pose, flow, flexible, strength</i></p>
Target Games	Invasion	Sending and Receiving	Gymnastics	Net and Wall	Striking and Fielding	
<ul style="list-style-type: none"> -To develop an understanding of target games and consider how much power to apply when aiming at a target. -To understand how to score in different target games using overarm throwing. -To develop understanding of different target games using the skill of kicking -To develop striking to a target. -To develop hitting a moving target. -To select an appropriate skill to play a game. <p><i>Key Vocabulary: skill</i></p>	<ul style="list-style-type: none"> -To understand what being in possession means and support a teammate to do this. -To use a variety of skills to score goals. -To develop stopping goals. -To learn how to gain possession of the ball. -To develop an understanding of marking an opponent. -To learn to apply simple tactics for attacking and defending. <p><i>Key Vocabulary: invasion, tactics, marking, referee, chest pass, bounce pass, shoulder pass</i></p>	<ul style="list-style-type: none"> -To roll a ball towards a target. -To be able to track and receive a rolling ball. -To be able to stop, send and receive a ball with your feet. -To develop throwing and catching skills. -To send and receive a ball using a racket. 	<ul style="list-style-type: none"> -To perform gymnastic shapes and link them together. -To be able to use shapes to create balances. -To be able to link travelling actions and balances using apparatus. -To demonstrate different shapes, take off and landings when performing jumps. -To develop rolling and sequence building. -To develop sequence work on apparatus. 	<ul style="list-style-type: none"> -To develop racket familiarisation. -To develop placing an object -To use the ready position to defend space on court. -To develop returning a ball with hands. -To develop returning a ball using a racket. -To move an opponent to win a point. <p><i>Key Vocabulary: opponent, return, grip</i></p>	<ul style="list-style-type: none"> -To be able to track a rolling ball and collect it. -To develop accuracy in underarm throwing and consistency in catching when fielding a ball. -To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score -To develop striking for distance and accuracy. -To develop decision making to get a batter out. -To develop decision making when under pressure. <p><i>Key Vocabulary: runs</i></p>	



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Y3	Dance	Gymnastics	Fitness	Yoga	Dodgeball	Football
	<ul style="list-style-type: none"> -To create actions in response to a stimulus and move in unison and contact with a partner. -To select and link appropriate actions and dynamics to show our dance idea. -To remember, repeat and create actions to represent an idea. -To share ideas of actions and dynamics to create a dance that shows a location. -To use choreographing ideas to develop our dance. -To use straight pathways and clear changes in direction in a line dance. -To use formations, canon and unison to make our line dance look interesting. -To structure a dance to represent a theme. <p><i>Key Vocabulary: choreograph, formation, canon</i></p>	<ul style="list-style-type: none"> -To be able to create interesting point and patch balances. -To develop stepping into shape jumps with control. -To develop the straight, barrel, and forward roll. -To be able to transition smoothly into and out of balances. -To create a sequence with matching and contrasting actions and shapes. -To create a partner sequence incorporating equipment. <p><i>Key Vocabulary: patch balance, point balance, transition, contrasting</i></p>	<ul style="list-style-type: none"> -To develop an awareness of what your body is capable of. -To develop speed and strength. -To complete actions to develop co-ordination. -To complete actions to develop agility. -To complete actions to develop balance. -To complete actions to develop stamina. <p><i>Key Vocabulary: personal best</i></p>	<ul style="list-style-type: none"> -To develop an awareness of what your body is capable of. -To explore new yoga poses and begin to connect them. -To explore gratitude when remembering and repeating a yoga flow. -To develop flexibility and strength in a positive summer flow. -To develop flexibility in an individual yoga flow. -To develop confidence and strength in arm balances. 	<ul style="list-style-type: none"> -To apply rules to a game situation. -To develop throwing at a moving target. -To use jumps, dodges and ducks to avoid being hit. -To develop catching a dodgeball at different heights. -To learn how to block using the ball. -To understand the rules of dodgeball and use them to play in a tournament. <p><i>Key Vocabulary: block, duck</i></p>	<ul style="list-style-type: none"> -To develop controlling the ball and dribbling under pressure. -To develop passing to a teammate. -To be able to control the ball with different parts of the body. -To develop changing direction with the ball using an inside and outside hook. -To jockey / track an opponent. -To be able to apply the rules and tactics you have learnt to play in a football tournament. <p><i>Key Vocabulary: inside / outside hook, jockey, tackle</i></p>
	Fundamentals	Netball.	Hockey	Athletics	Cricket	Golf
	<ul style="list-style-type: none"> -To develop balancing and understand the importance of this skill. -To understand how to change speed and be able to demonstrate good technique when running at different speeds. -To demonstrate a change of speed and direction to outwit others. -To develop technique and control when jumping, hopping and landing. -To develop skipping in a rope. -To apply fundamental skills to a variety of challenges. 	<ul style="list-style-type: none"> -To develop passing and moving and play within the footwork rule. -To use a variety of passes to move towards a goal. -To develop movement skills to lose a defender. -To defend an opponent and try to win the ball. -To develop the shooting action. -To apply skills and knowledge to play games using netball rules. 	<ul style="list-style-type: none"> -To develop sending the ball with a push pass. -To develop receiving the ball. -To develop dribbling using the reverse stick (Indian dribble). -To develop moving into space after passing the ball. -To use an open stick tackle to gain possession. -To apply defending and attacking principles and skills in a hockey tournament. <p><i>Key Vocabulary: possession, reverse, cushion, hockey stick, interception</i></p>	<ul style="list-style-type: none"> -To develop the sprinting technique and improve on your personal best. -To develop changeover in relay events. -To develop jumping technique in a range of approaches and take off positions. -To develop throwing for distance and accuracy. -To develop throwing for distance in a pull throw. -To develop officiating and performing skills. <p><i>Key Vocabulary: changeover, relay, baton, personal best</i></p>	<ul style="list-style-type: none"> -To develop overarm throwing and catching. -To develop underarm bowling. -To learn how to grip the bat and develop batting technique. -To be able to field a ball using a two handed pick up and a short barrier. -To develop overarm bowling technique. -To play apply skills learnt to mini cricket. <p><i>Key Vocabulary: wicket keeper, umpire</i></p>	<ul style="list-style-type: none"> -To explore hitting technique and aiming towards a target. -To explore shot accuracy. -To explore the technique for putting. -To explore the technique for chipping. -To explore the techniques used for a short game. -To explore the technique for a long game. <p><i>Key Vocabulary: club, flag, chip, putt, wedge</i></p>



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Y4	Basketball	Dance	Football Y3/4	Tag Rugby Y3/4	Athletics	Rounders Y3/4
	<ul style="list-style-type: none"> -To develop the attacking skill of dribbling. -To protect the ball when dribbling against an opponent. -To develop passing and begin to recognise when to use different skills. -To use defending skills to delay an opponent and gain possession. -To develop technique in the attacking skill of shooting. -To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> -To copy and create actions in response to an idea and be able to adapt this using changes of space. -To choose actions which relate to the theme. -To develop a dance using matching and mirroring. -To learn and create dance moves in the theme of carnival. -To develop a carnival dance using formations, canon and unison. -To develop a dance phrase and perform as part of a class performance. -To understand how dynamics, space and relationships can be used to represent a state of matter. -To use actions, dynamics, space and relationships to represent a states of matter. -To order and structure phrases to create a dance performance. <p><i>Key Vocabulary: reaction</i></p>	<ul style="list-style-type: none"> -To develop controlling the ball and dribbling under pressure. -To develop passing to a teammate. -To be able to control the ball with different parts of the body. -To develop changing direction with the ball using an inside and outside hook. -To jockey / track an opponent. -To be able to apply the rules and tactics you have learnt to play in a football tournament. <p><i>Key Vocabulary: inside / outside hook, jockey, tackle</i></p>	<ul style="list-style-type: none"> -To develop throwing, catching and running with the ball. -To develop an understanding of tagging rules. -To begin to use the 'forward pass' and 'off side' rule. -To dodge a defender and move into space when running towards the goal. -To develop defending skills and use them in a game situation. -To apply the rules and skills you have learnt and play in a tag rugby tournament. <p><i>Key Vocabulary: forward/backward pass, tagging, off side, tri line, contact, tournament, outwit, dummy</i></p>	<ul style="list-style-type: none"> -To develop stamina and an understanding of speed and pace in relation to distance. -To develop power and speed in the sprinting technique. -To develop technique when jumping for distance. -To develop power and technique when throwing for distance. -To develop a pull throw for distance and accuracy. -To develop officiating and performing skills. <p><i>Key Vocabulary: pull throw</i></p>	<ul style="list-style-type: none"> -To play different roles in a game and begin to think tactically about each role -To develop the bowling action and learn the rules of bowling. -To run around the outside of the bases and make decisions about when to stop and when to run. -To field a ball using a two handed pick up and a short barrier. -To develop batting technique and an understanding of where to hit the ball. -To apply skills and rules learnt to play rounders. <p><i>Key Vocabulary: backstop, base, stumped, two handed pickup, short barrier</i></p>
OAA	Ball Skills Y3/4	Swimming	Gymnastics	Handball Y3/4	Tennis	
<ul style="list-style-type: none"> -To develop co-operation and teamwork skills. -To be able to orientate a map and navigate around a grid. -To develop trust and teamwork whilst listening to others and following instructions. -To develop trust whilst listening to others and following instructions. -To be able to identify objects on a map, draw and follow a simple map. -To be able to orientate and navigate around a map and draw a route using directions. <p><i>Key Vocabulary: navigate, orientate</i></p>	<ul style="list-style-type: none"> -To develop confidence and accuracy when tracking a ball. -To develop confidence and accuracy when tracking a ball. -To explore and develop a variety of throwing techniques. -To develop catching skills using one and two hands. -To develop dribbling a ball with hands. -To use tracking, sending and dribbling skills with feet. 	<ul style="list-style-type: none"> -To develop an understanding of buoyancy and balance in the water. -To develop independent movement and submersion. -To develop gliding and crawl legs. -To develop front crawl breathing. -To develop gliding and backstroke. -To develop rotation, sculling and treading water. -To develop head above water breaststroke technique. -To develop basic skills in water safety and floating. -To learn techniques for personal survival. <p><i>Key Vocabulary: glide, front stroke, back stroke, float, scull, tread water, breaststroke, survival</i></p>	<ul style="list-style-type: none"> -To develop individual and partner balances. -To develop control in performing and landing rotation jumps. -To develop the straight, barrel, forward and straddle roll. -To develop the straight, barrel, forward and straddle roll. -To develop strength in inverted movements. -To be able to create a partner sequence to include apparatus. <p><i>Key Vocabulary: rotation, inverted, extension,</i></p>	<ul style="list-style-type: none"> -To begin to throw and catch while on the move. -To learn how to move towards goal or away from a defender. -To develop accuracy when shooting. -To be able to apply individual and team defending skills -To use a change of direction and speed to lose a defender and move into space. -To maintain possession when in attack. 	<ul style="list-style-type: none"> -To develop hitting the ball using a forehand. -To develop returning the ball using a forehand. -To develop the backhand and understand when to use it. -To work co-operatively with a partner to keep a continuous rally going. -To use simple tactics in a game to outwit an opponent. -To demonstrate honesty and fair play when competing against others. <p><i>Key Vocabulary: volley, backhand, forehand, rally, serve</i></p>	



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



<p>Y5</p>	<p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> -To create a dance using a random structure and perform the actions showing quality and control. -To understand how changing dynamics changes the appearance of the performance. -To understand and use relationships and space to change how a performance looks. -To copy and repeat movements in the style of rock 'n' roll. -To work with a partner to copy and repeat actions keeping in time with the music. -To work collaboratively with a group to create a dance in the style of Rock 'n' Roll. -To develop set choreography inspired by a Mayan god. -To choose actions to create a motif in a given character with consideration of dynamics, space and relationships. -To use structure to create a dance performance. -To use matching, canon and unison in the style of the lion dance. -To use space and relationships to create a dragon dance. -To select and combine dance tools to perform a Chinese dance. <p><i>Key Vocabulary: motif, dynamics</i></p>	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> -To be able to perform symmetrical and asymmetrical balances. -To develop the straight, forward, straddle and backward roll. -To be able to explore different methods of travelling, linking actions in both canon and synchronisation. -To be able to perform progressions of inverted movements. -To explore matching and mirroring using actions both on the floor and on apparatus. -To be able to create a partner sequence using apparatus. <p><i>Key Vocabulary: synchronisation, symmetrical / asymmetrical</i></p>	<p style="text-align: center;">Fitness Y5/6</p> <ul style="list-style-type: none"> -To develop an awareness of what your body is capable of. -To develop speed and stamina. -To develop strength using my own body weight. -To develop co-ordination through skipping. -To perform actions that develop agility. -To develop control whilst balancing. 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> -To be able to apply different speeds over varying distances. -To develop fluency and co-ordination when running for speed. -To develop technique in relay changeovers. -To develop technique and co-ordination in the triple jump. -To develop throwing with force for longer distances. -To develop throwing with greater control and technique. <p><i>Key Vocabulary: upsweep / downsweep</i></p>	<p style="text-align: center;">Dodgeball Y5/6</p> <ul style="list-style-type: none"> -To apply rules honestly and fairly to a game situation. -To develop throwing at a moving target -To use timing, balance and agility to avoid being hit. -To develop catching under pressure to get an opponent out. -To select and apply tactics in the game. -To develop officiating skills and referee a dodgeball game. 	<p style="text-align: center;">Football Y5/6</p> <ul style="list-style-type: none"> -To develop balancing and understand the importance of this skill. -To pass the ball accurately to help to maintain possession. -To use different turns to keep the ball away from defenders. -To develop defending skills to gain possession. -To develop goalkeeping skills to stop the opposition from scoring. -To be able to apply the rules and tactics you have learnt to play in a football tournament. <p><i>Key Vocabulary: foul</i></p>
-----------	--	---	---	---	---	---



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



	<p style="text-align: center;">Netball Y5/6</p> <ul style="list-style-type: none"> -To develop passing and moving. -To be able to use the attacking principle of creating and using space. -To be able to change direction and lose a defender. -To be able to defend ball side and know when to go for interceptions. -To develop the shooting action. -To use and apply skills and tactics to small sided games. <p><i>Key Vocabulary: pivot, overhead pass</i></p>	<p style="text-align: center;">Fundamentals</p> <ul style="list-style-type: none"> -To develop balancing and understand the importance of this skill. -To understand how to change speed and be able to demonstrate good technique when running at different speeds. -To demonstrate a change of speed and direction to outwit others. -To develop technique and control when jumping, hopping and landing. -To develop skipping in a rope. -To apply fundamental skills to a variety of challenges. 	<p style="text-align: center;">Hockey Y5/6</p> <ul style="list-style-type: none"> -To develop dribbling to beat a defender. -To develop sending the ball using a push pass -To develop receiving the ball with control. -To be able to move into space to support a teammate. -To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. -To apply the rules and skills you have learnt to play in a hockey tournament. <p><i>Key Vocabulary: jab tackle</i></p>	<p style="text-align: center;">Yoga Y5/6</p> <ul style="list-style-type: none"> -To develop an understanding of yoga. -To develop flexibility through the sun salutation flow. -To develop strength through yoga flows. -To create your own flow showing quality in control, balance and technique. -To develop balance through yoga flows. -To work collaboratively to create a controlled paired yoga flow. -To create your own yoga flow that challenges technique, balance and control. 	<p style="text-align: center;">Golf 5/6</p> <ul style="list-style-type: none"> -To develop putting technique and accuracy. -To develop the technique for chipping. -To develop technique for a short game. -To develop the technique for a long game. -To select the appropriate shot for the situation. -To design a course and select the appropriate shot for the situation. 	<p style="text-align: center;">Cricket Y5/6</p> <ul style="list-style-type: none"> -To develop throwing accuracy and catching skills under pressure. -To develop placement of a ball into space. -To develop consistency of catching to get opponents out. -To develop overarm bowling technique and accuracy. -To develop a variety of fielding techniques and use them within a game. -To further develop fielding techniques and apply them to a game situation. <p><i>Key Vocabulary: long barrier, drive hit, defensive hit</i></p>
--	--	---	--	---	--	---



BERKELEY PRIMARY SCHOOL

PE Medium Term Plan



Y6	OAA	Dance	Football Y5/6	Tag Rugby Y5/6	Athletics	Handball Y5/6
	<ul style="list-style-type: none"> -To build communication and trust whilst showing an awareness of safety. -To work as a team to solve problems, sharing ideas and collaborating with one another. -To develop tactical planning and problem solving. -To share ideas and work as a team to solve problems. -To develop navigational skills and map reading. -To use a key to identify objects and locations. 	<ul style="list-style-type: none"> -To copy and repeat a set dance phrase showing confidence in movements. -To work with others to explore and develop the dance idea. -To use changes in dynamics in response to the stimulus. -To demonstrate a sense of rhythm and energy when performing bhangra style motifs. -To perform a bhangra dance, showing an awareness of timing, formations and direction. -To select, order, structure and perform movements in a bhangra style, showing various group formations. -To develop a dance phrase using actions, dynamics, space and relationships. -To copy and create actions with consideration to story using a prop to enhance the idea. -To use choreographing devices to improve how the performance looks. -To copy and repeat a phrase of movement in the 1970s disco theme. -To use feedback to develop and refine a 1970s dance performance. 	<ul style="list-style-type: none"> -To develop balancing and understand the importance of this skill. -To pass the ball accurately to help to maintain possession. -To use different turns to keep the ball away from defenders. -To develop defending skills to gain possession. -To develop goalkeeping skills to stop the opposition from scoring. -To be able to apply the rules and tactics you have learnt to play in a football tournament. 	<ul style="list-style-type: none"> -To develop attacking principles, understanding when to run and when to pass. -To be able to use the 'forward pass' and 'offside' rules. -To be able to play games using tagging rules. -To develop dodging skills to lose a defender. -To develop drawing defence and understanding when to pass. -To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament. 	<ul style="list-style-type: none"> -To work collaboratively with a partner to set a steady pace. -To develop your own and others sprinting technique. -To develop power, control and technique for the triple jump. -To develop power, control and technique when throwing for distance. -To develop throwing with force and accuracy for longer distances. -To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. <p style="color: blue; font-style: italic;">Key Vocabulary: trajectory, momentum</p>	<ul style="list-style-type: none"> -To develop a variety of passes and know when to use each to help to maintain possession. -To use stepping, dribbling and passing skills to create space, move towards goal and away from defenders. -To use defending skills to stop an opponent from scoring. -To select and apply the appropriate skill to score goals. -To use defensive skills to gain possession. -To maintain possession under pressure.
Hockey Y5/6	Basketball Y5/6	Fitness Y5/6	Gymnastics	Rounders Y5/6	Tennis	
<ul style="list-style-type: none"> -To develop dribbling to beat a defender. -To develop sending the ball using a push pass -To develop receiving the ball with control. -To be able to move into space to support a teammate. -To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. -To apply the rules and skills you have learnt to play in a hockey tournament. 	<ul style="list-style-type: none"> -To develop protective dribbling against an opponent. -To move into and create space to support a teammate. -To choose when to pass and when to dribble. -To be able to track an opponent and use defensive techniques to win the ball. -To develop technique to increase accuracy when scoring. -To apply principles, rules and tactics to a game situation. 	<ul style="list-style-type: none"> -To develop an awareness of what your body is capable of. -To develop speed and stamina. -To develop strength using my own body weight. -To develop co-ordination through skipping. -To perform actions that develop agility. -To develop control whilst balancing. 	<ul style="list-style-type: none"> -To be able to develop the straddle, forward and backward roll. -To develop counter balance and counter tension. -To be able to perform inverted movements with control. -To be able to perform the progressions of a headstand and a cartwheel. -To be able to use flight from hands to travel over apparatus. -To be able to create a group sequence using formations and apparatus. 	<ul style="list-style-type: none"> -To develop the bowling action and understand the role of the bowler. -To develop batting technique. -To make decisions about where and when to send the ball to stump a batter out. -To develop a variety of fielding techniques and when to use them in a game. -To develop long and short barriers in fielding and understand when to use them. -To apply the rules and skills you have learnt to play in a rounders tournament. 	<ul style="list-style-type: none"> -To develop the forehand groundstroke. -To be able to return the ball using a backhand groundstroke. -To develop the volley and understand when to use it. -To develop the volley and use it in a game situation. -To develop accuracy of the underarm serve. -To learn to use the official scoring system. -To work co-operatively with a partner and employ tactics to outwit an opponent. 	