

Year 1 Autumn 1 PE		
Theme: Introducing- Ball Skills	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Dribble Hit Compose Speeds Direction Rules	Reception: To aim at something when I throw. Can catch a small ball. Can kick a ball at a target. I can hold a bat to hit a ball.	Roll, Kick, track and dribble with feet. Throw, catch and dribble with hands.
Key assessment questions		
<p>How can you show you can catch?</p> <p>Can you show how to dribble a ball with hands and feet?</p> <p>Can you understand simple tactics?</p> <p>Can you throw with some accuracy?</p> <p>Can you show how to track a ball that is coming towards you?</p>		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
<ul style="list-style-type: none"> To use soft touches with your hands to keep control. Use wide fingers to move the ball. 	Get Set 4 PE - KS1 Ball Skills (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Year 1 Autumn 2 PE		
Theme: Gymnastics (Focus on Balance)	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Action Balance Balance beam Control Direction	Reception (PD) I can confidently and safely move in a variety of different ways with excellent control. I can use new equipment to move in a variety of ways. I can confidently move around an obstacle course.	To develop basic gymnastic actions on the floor and using low apparatus.
Key assessment questions		
Can you use apparatus safely? Can you remember repeat actions and shapes? Can you tense, relax, stretch and curl your body?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
<ul style="list-style-type: none"> Learn a travelling movement. Develop stability and control when balancing and performing balances. Develop technique and control when performing shapes. Develop flexibility and strength. 	Get Set 4 PE - KS1 Gymnastics (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Year 2 Autumn 1 PE		
Theme: Striking & Fielding (Throwing & catching)	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Collect Release Receive Prepare Touch Target Overarm/underarm	EYFD (PD) I can aim at something when I throw. I can catch a small ball.	Catch smaller balls Bowl a ball towards a target and strike a ball.
Key assessment questions		
Have you developed overarm and underarm throwing skills? Can you catch a ball? Can you track a ball and collect it?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
To develop agility, balance, co-ordination and speed. Throwing & catching with control.	Get Set 4 PE - Scheme of Work - Year 2 Striking and Fielding Games (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

PE Medium term plan Year 2 Autumn 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pre- requisite knowledge required before the lesson.	roll a ball showing some control. Aim at something when I throw.	Catch a small ball.	Show control when throwing a ball.	Show control when striking a ball.	Throw, bounce and catch a ball with good control.	Throw, bounce and catch. Dribble with hands.
Key learning focus for the lesson (s)	To track a rolling ball and collect it.	To develop underarm throwing and catching to field a ball.	To develop overarm throwing to limit a batter's score.	To develop hitting for distance to score more points.	To be able to get a batter out.	To understand the rules of the game and use these to play fairly.
Potential amendments for SEND	Partner work 1:1 modelling of the skill. Size/type of ball/target	Partner work 1:1 modelling of the skill. Size/type of ball	Partner work 1:1 modelling of the skill. Size/type of ball	Partner work 1:1 modelling of the skill. Size/type of ball	Partner work 1:1 modelling of the skill. Size/type of ball	Partner work 1:1 modelling of the skill. Size/type of ball

Year 2 Autumn 2 PE		
Gymnastics- Gymnastics	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Link Sequence V position Crouch Pike Tuck Straddle Pathway	Reception (PD) I can confidently and safely move in a variety of different ways with excellent control. I can use new equipment to move in a variety of ways. I can confidently move around an obstacle course.	To develop gymnastic actions on the floor and using apparatus.
Key assessment questions		
Can you use apparatus safely? Can you tense, relax, stretch and curl your body? Use directions and levels to make your work look interesting? Can you show how you have planned and repeated a simple sequence?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
Perform shapes with control and link them together. Link travelling actions and balances together on apparatus. When performing jumps show different shapes during take-off and landing. Develop rolling and sequence building. Develop co-ordination and flexibility and build up strength overall.	Get Set 4 PE - KS1 Gymnastics (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Year 3 Autumn 1 PE		
Theme: Attack and defence- Korfball	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Control Cooperation React Opponent Accurate Technique Communicate Receiver	Roll a ball, stop a rolling ball Throw, bounce and catch with good control. Throw towards a target.	To develop passing and moving to maintain possession. Develop accuracy in the shooting action under pressure.
Key assessment questions		
Can you apply the rules of the game? Can you communicate with your team moving into space to support them? Can you show how to defend an opponent and try to win the ball? Show how you can pass, receive and shoot the ball with good control		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. • Rules of the game 	Get Set 4 PE - Scheme of Work - Year 3/4 Netball (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Medium term plan – Year 3 – Autumn 1 – PE						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pre- requisite knowledge required before the lesson.	Throw and catch and move into a space.	Throw and catch and move into a space.	Move into a space by running and dodging.	Move into a space by running and dodging. Understand the rules of the game	Throw with good control. Aim at a target	To work within a team, communicating and applying the rules of the game.
Key learning focus for the lesson (s)	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.
Potential amendments for SEND	Use wide fingers to move the ball. Size/type of ball/target	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.

Year 3 Autumn 2 PE		
Theme: Gymnastics – jumps and rolls	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Take off Landing position Contrast Adapt Refine Body tension Extend	Develop skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases	Develop balancing, rolling and jumping. Use skills individually and in combination. Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow
Key assessment questions		
Can you adapt sequences to sit different apparatus? Demonstrate actions that flow well into one another. Can you show how you can complete actions with increasing balance and control?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
To create point and patch balances. With control step into different shapes and jumps. To develop different rolls. Transition in and out of balances. Create a partner sequence.	Get Set 4 PE - KS2 Gymnastics (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Year 4 Autumn 1 PE		
Theme: Hitting & Fielding - Kwik Cricket	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Retrieve Compete straight drive Decision Limit Positioning Striking Pressure Momentum	Roll a ball, stop a rolling ball Throw, bounce and catch with good control. Throw towards a target.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Key assessment questions		
<p>Can you bowl a ball with some accuracy and consistency?</p> <p>Can you show that you communicate with teammates to apply simple tactics?</p> <p>Can you strike a bowled ball after a bounce?</p> <p>Use overarm and underarm throwing, and catching skills with increasing accuracy</p>		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. • Rules of the game 	Get Set 4 PE - Scheme of Work - Year 4 Cricket (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Medium term plan – Year 4 – Autumn 2 – PE						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pre- requisite knowledge required before the lesson.	Throw and catch and move into a space.	Throw and catch and move into a space.	Move into a space by running and dodging.	Move into a space by running and dodging. Understand the rules of the game	Throw with good control. Aim at a target	To work within a team, communicating and applying the rules of the game.
Key learning focus for the lesson (s)	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.
Potential amendments for SEND	Use wide fingers to move the ball. Size/type of ball/target	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.	1:1 modelling of the skill. Use wide fingers to move the ball.

Year 5 Autumn 1 PE		
Theme: Football	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Aim Attacking Defending Direction Saving Tackle Throwing Turning	Dribble, pass, receive and shoot the ball with increasing control. Move to a space to help team to keep possession and score goals.	Dribble, pass, receive and shoot the ball with increasing control under pressure . Use marking, tackling and/or interception to improve my defence.
Key assessment questions		
Can you dribble, shoot and pass the ball with some control? Can you show you have made the correct decision of who to pass to and when? Show how you can use tracking and intercepting when playing in defence. Show how you can move into a space to keep possession and score.		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	Get Set 4 PE - Scheme of Work - Year 5/6 Football (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Year 6 Autumn 1 PE		
Theme: Netball	Cross Curricular Links: N/A	
Key vocabulary	Prior learning	Next steps
Prepare Stance Direct Placement Limit Recover Opposing Appropriate Footwork	Pass, shoot, receive a ball with some control under pressure. Have developed some movement skills. Can communicate with my team. Defend an opponent. Develop a shooting action.	Develop control over the ball. Be able to Pass, shoot, receive a ball with increasing control under pressure. Work at intercepting skills to improve defence. Develop attacking skills.
Key assessment questions		
Show how you can pass, receive and shoot the ball with increasing control under pressure. Can you mark, move and intercept to improve defence? Can you work in collaboration with your team? Show how you can create space to help your team?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
Further develop passing skills to help maintain possession. Develop attacking skills to lose defenders. Use defending skills to gain possession. Support teammates by negotiating and moving into space on the court. Develop accuracy when shooting and passing the ball.	Get Set 4 PE - Scheme of Work - Year 5/6 Netball (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

PE Medium term plan Year 6 Autumn 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pre- requisite knowledge required before the lesson.	Pass the ball accurately and move into a space.	Pass the ball to teammates and attack.	Have developed some movement skills. Move into space on the court.	Show awareness of how to defend. Defend an opponent.	Shoot with control.	To work within a team, communicating and applying the rules of the game.
Key learning focus for the lesson (s)	To develop passing and moving to maintain possession	To use a variety of attacking skills to lose a defender	To move into and create space to support a teammate	To use defending skills to gain possession	To develop accuracy in the shooting action under pressure	To use and apply skills, principles and tactics to a game situation
Potential amendments for SEND	Use wide fingers to move the ball. Size/type of ball/target					

Year 6 Autumn 2 PE		
Theme: Gymnastics		
Key vocabulary	Prior learning	Next steps
Formation Structure Refine Competent Counter balance Counter tension	Produce symmetrical and asymmetrical balances. Rotation jumps and forward straddle and backward rolls. Cartwheel and shoulder stand. Evaluate and improve sequences.	Roll onto sequence work and be able to use apparatus. Develop jumps further and the effects of height. To use flight from hands to travel over apparatus. To create a group sequence using formations and apparatus.
Key assessment questions		
Can you combine and perform gymnastic actions with control and fluency? Can you perform sequences using to improve quality? Can you use flight to travel over apparatus? Can you use appropriate language to evaluate and refine your own and others' work?		
Knowledge to be taught	Useful pictures / diagrams / weblinks	
To develop the straddle, forward and backward roll. To develop jumps and explore the effect of height. To develop inverted movements with control. To use flight from hands to travel over apparatus.	Get Set 4 PE - Scheme of Work - Year 6 Gymnastics (getset4education.co.uk)	
Definitions / technical vocabulary for teachers.		

Medium term plan – Year 6 – Autumn 2 – PE						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pre- requisite knowledge required before the lesson.	To be able to complete a forward and backward roll.	Have an awareness of counter balance and tension. gymnast leaning or pushing in one direction while the other does the opposite.	To perform a jump.	Begun to develop the skill of completing movements upside down.	Develop from general jumping on apparatus to focus on jumping for height	Perform a sequence of movements.
Key learning focus for the lesson (s)	(L1) To develop the straddle, forward and backward roll.	(L3) To develop counter balance and counter tension.	(L5) To develop jumps and explore the effect of height.	(L7) To develop inverted movements with control.	(L9) To use flight from hands to travel over apparatus.	(L11) To create a group sequence using formations and apparatus.
Potential amendments for SEND	Visual support Lower apparatus 1:1 Modelling and support.					

