

Medium Term Plan – PE - Year 2 Autumn 1 Coordination (Footwork) and Static balance (one leg) Replaced with REAL gym

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Coordination)	Lessons 1-3	Lessons 1-3	Warm up (Rock, paper, scissors) Skill (footwork) Skill application (Footwork follow the leader) Review method (Time shares)
Hop on either foot and skip with:	Combine side-steps with 180° front pivots off either foot.	Keep head up and back straight.	180° - half turn	
Good control, balance and smooth movements	Combine side-steps with 180° reverse pivots off either foot.	Work off balls of feet looking straight ahead.	Combine	Warm up (Rock, paper, scissors) Skill (footwork) Skill application (Lose your shadow) Review method (Time shares)
Stand still for 10 seconds with:	Skip with knee and opposite elbow at 90° angle.	Bend knees to push off and land.	Opposite	
minimum wobble.	Hopscotch forwards and backwards, hopping on the same leg (right and left) with:	Lessons 4-6	half turn	Warm up (Rock, paper, scissors) Skill (footwork) Skill application (Creating footwork pathways) Review method (Time shares)
standing foot still.	balance and control throughout.	Keep head up and still.	pivot	Warm up (Snap, crackle, pop) Skill (One leg) Skill application (Mirror image-1 leg) Review method (Time shares)
non-standing foot off the floor.	fluent, smooth movements.	Keep tummy (core muscles) tight and back straight.	elbow	
	movements performed in both directions/on both sides.	Use arms to help you balance.	hopscotch	Warm up (Snap, crackle, pop) Skill (One leg) Skill application (Mirror image-1 leg) Review method (Time shares)
	Lessons 4-6 (Static balance)		90° - quarter turn	
	On both legs:		Lessons 4-6	Warm up (Snap, crackle, pop) Skill (One leg) Skill application (Mirror image-1 leg) Review method (Time shares)
	Stand still for 30 seconds.		core muscles	
			non- standing	

	Complete 5 mini-squats with: minimum wobble (control). standing foot still. non-standing foot off the floor.		balance control tight mini-squat freeze dominant (non)	Warm up (Snap, crackle, pop) Skill (One leg) Skill application (Use the force) Review method (Time shares)
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Medium Term Plan – PE - Year 2 Autumn 2 Dynamic agility (jumping and landing) and static balance (seated)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic agility)	Lessons 1-3	Lessons 1-3	Warm up (Stepping stones) Skill (Jumping and landing) Skill application (Clapping game) Review method (Taps for congrats)
Jump from 2 feet to 2 feet forwards, backwards and side- to-side with:	Jump from 2 feet to 2 feet with quarter turn in both directions.	Swing arms to help gain height and use them to help balance on landing.	Swing	Warm up (Stepping stones) Skill (Jumping and landing) Skill application (Develop jumping combinations) Review method (Taps for congrats)
good take off and height.	Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) with:	Bend knees on take-off and landing.	height	
balance and control on landing.		Try to land softly without noise.	control	Warm up (Stepping stones) Skill (Jumping and landing) Skill application (Rope jumps) Review method (Taps for congrats)
soft landings.	good take off and height.	Lessons 4-6	landing (soft)	
Balance with 1 hand/1 foot down.	balance and control on landing.	Keep weight going through your bottom.	Lessons 4-6	Warm up (Find and select shapes)
	soft landings.	Keep tummy tight (core muscles) and back straight.	Cone	

Balance with 1 hand or 1 foot down. Balance with no hands or feet down with: hands/feet up for 10 seconds. minimum wobble (control). balance held without strain.	Lessons 4-6 (static balance) Pick up a cone from one side, swap hands and place it on the other side. Return the cone to the opposite side with: feet and hands off the floor throughout. minimum wobble. balance held without strain.	Keep head up and breathe throughout.	return	Skill (Seated) Skill application (Exchange objects in 3's) Review method (Taps for congrats)
			core swap opposite muscles	Warm up (Find and select shapes) Skill (Seated) Skill application (Mirror image-seated) Review method (Taps for congrats)
				Warm up (Find and select shapes) Skill (Seated) Skill application (Seated goalball) Review method (Taps for congrats)

Medium Term Plan – PE - Year 2 Spring 1 Dynamic balance (on a line) static balance (stance)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Walk backwards with fluidity and minimum wobble with: smooth movements. balance maintained on the line.	Lessons 1-3 (Dynamic balance) Walk fluidly, lifting knees to 90°.	Lessons 1-3 Work off the balls of feet.	Lessons 1-3 Fluidity	Warm up (Race walking) Skill (On a line) Skill application (Balance circuit) Review method (Questions carousel)
	Walk fluidly, lifting heels to bottom with: smooth, controlled movements and minimum wobble.	Keep head still and look forward. Use arms to help you move and balance as you walk (opposite arm and leg).	Maintain heels	Warm up (Race walking) Skill (On a line) Skill application (Creating dynamic balance pathways) Review method (Questions carousel)
	balance maintained on the line. opposite arm and leg moving forwards.	Lessons 4-6	forwards 90° lifting	Warm up (Race walking) Skill (On a line)

opposite arm and leg moving backwards. Stand on line with good stance for 10 seconds with: both feet facing forwards. feet still. minimum wobble (control).	Lessons 4-6 Stand on low beam with good stance for 10 seconds with: both feet facing forwards. feet still. minimum wobble (control).	Keep feet a shoulder width apart and knees bent. Keep weight on balls of feet. Keep back straight, head up and look forward.	Lessons 4-6 low beam stand	Skill application (Balance circuit) Review method (Questions carousel)
				Warm up (Stuck in the mud) Skill (Stance) Skill application (Below the knee) Review method (Questions carousel)
				Warm up (Stuck in the mud) Skill (Stance) Skill application (Develop stance combinations) Review method (Questions carousel)
				Warm up (Stuck in the mud) Skill (Stance) Skill application (Balance sequences) Review method (Questions carousel)

Medium Term Plan – PE - Year 2 Spring 2 coordination (ball skills) and counter balance (with a partner)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Sit and roll a ball down legs and around upper body using 2 hands. Stand and roll a ball up and down legs and round upper body using 2 hands with:	Lessons 1-3 (ball skills) Sit and roll a ball up and down legs and round upper body using 1 hand. Stand and roll a ball up and down legs and round upper body using 1 hand with:	Lessons 1-3 Move the ball with fingertips. Focus on maintaining good balance throughout.	Lessons 1-3 upper body legs down	Warm up (Grand Prix) Skill (Ball skills) Skill application (Getting around us) Review method (Badge of honour)
				Warm up (Grand Prix) Skill (Ball skills) Skill application (All routes) Review method (Badge of honour)

ability to move the ball in both directions. control of the ball maintained throughout. smooth movements with the ball. Sit holding hands with toes touching and rock forwards, backwards and side-to-side with: balance maintained throughout. smooth, controlled movements. coordinated movements with partner.	ability to move the ball in both directions. control of the ball maintained throughout. smooth movements with the ball. Lessons 4-6 (counter balance) Hold on and, with a long base, lean back, hold balance and then move back together. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together with: balance maintained throughout. smooth, controlled movements. coordinated movements with partner.	Perform movements smoothly and then gradually increase speed. Lessons 4-6 Keep tummy (core muscles) tight and body straight throughout. Hold with straight arms when leaning back. Hold on to partner's forearms and maintain a long base.	stand up Lessons 4-6 long base hold balance core muscles	Warm up (Grand prix) Skill (Ball skills) Skill application (Bounce off) Review method (Badge of honour) Warm up (On the mat) Skill (with a partner) Skill application (Lean away) Review method (Badge of honour) Warm up (On the mat) Skill (with a partner) Skill application (Lean on me) Review method (Badge of honour) Warm up (On the mat) Skill (with a partner) Skill application (Counter balance sequences) Review method (Badge of honour)
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Medium Term Plan – PE - Year 2 Summer 1 coordination (sending and receiving) and agility (reaction/response)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Throw large ball and catch the rebound with 2 hands with:	Lessons 1-3 (coordination) Throw tennis ball, catch rebound with same hand after 1 bounce	Lessons 1-3 Explore and experiment with the speed you send the ball.	Lessons 1-3 Strike	Warm up (Continuous throwing relay) Skill (Sending and receiving) Skill application (Junk yard clear up) Review method (Gift cards)

accuracy when sending. appropriate power/weight when sending. a good position when receiving. React and catch large ball dropped from shoulder height after 1 bounce with: quick reaction. quick, controlled movement. control when slowing down after catch.	Throw tennis ball, catch rebound with same hand without a bounce. Throw tennis ball, catch rebound with other hand after 1 bounce. Throw tennis ball, catch rebound with other hand without a bounce Strike large, soft ball along ground with hand 5 times in a rally with:	Move feet to get in line with the ball when receiving. Try to have 'soft hands' when catching. Keep eyes focused on the ball.	along the ground catch rally bounce throw soft hands	Warm up (Continuous throwing relay) Skill (Sending and receiving) Skill application (Removal team) Review method (Gift cards)
	accuracy when sending. appropriate power/weight when sending. a good position when receiving.	Lessons 4-6 Start quickly and accelerate by pushing off hard with feet.		Warm up (Continuous throwing relay) Skill (Sending and receiving) Skill application (Roll/strike tennis) Review method (Gift cards)
	accuracy when sending. appropriate power/weight when sending. a good position when receiving. Lessons 4-6 (agility) From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce with:	Take up ready position with knees bent and feet apart (front to back). Bend knees to help you slow down.	Lessons 4-6 Bounce Quickly ready position dropped accelerate	Warm up (Ball handling) Skill (Reaction/response) Skill application (Copy your partner) Review method (Gift cards)
	quick reaction. quick, controlled movement. control when slowing down after catch.			Warm up (Ball handling) Skill (Reaction/response) Skill application (Cooperative challenges) Review method (Gift cards)

Medium Term Plan – PE - Year 2 Summer 2 Agility (ball chasing) and static balance (Floorwork) Replaced with REAL dance

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Chase a ball rolled by a partner and collect it in balanced position facing opposite direction with: <i>control when starting and stopping quickly.</i> <i>timing to get in the right position.</i> <i>balance/control when collecting the ball.</i> Reach round and point to ceiling with either hand in mini-front support with:	Lessons 1-3 (agility) Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction with: <i>control when starting and stopping quickly.</i> <i>timing and movement to get in the right position.</i> <i>balance/control when collecting the ball</i> Lessons 4-6 (Static balance	Lessons 1-3 Start quickly and accelerate by pushing hard with feet. Drive arms from 'hips to lips' to help you accelerate. Keep watching the ball and concentrate on timing so you arrive at the right time. Lessons 4-6 Keep hands in line with shoulders and knees in line with hips (mini-front support). Keep hands in line with shoulders and knees in line with hips (mini-back support).	Lessons 1-3 Seated position accelerate lying bouncing Lessons 4-6 Cone mini-back support maintain tummy	Warm up (Ball tricks) Skill (Ball chasing) Skill application (Develop ball chasing combinations) Review method (Always, sometimes, rarely) Warm up (Ball tricks) Skill (Ball chasing) Skill application (Develop ball chasing combinations) Review method (Always, sometimes, rarely) Warm up (Balance dice frenzy) Skill (Floor work) Skill application (Body twister) Review method (Always, sometimes, rarely) Warm up (Balance dice frenzy) Skill (Floor work) Skill application (Front curling) Review method (Always, sometimes, rarely)

balance maintained throughout. correct position held. control when changing balance/ position	Place cone on back and take it off with other hand in mini- front support. Hold mini-back support position. Place cone on tummy and take it off with other hand in mini- back support with: balance maintained throughout. correct position held by keeping back straight. control when changing balance/position.	Point fingers towards feet in the mini-back support.	balance	Warm up (Balance dice frenzy) Skill (Floor work) Skill application (Dice frenzy, points and patches) Review method (Always, sometimes, rarely)
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