

Medium Term Plan – PE - Year 1 Autumn 1 Coordination (Footwork) and Static balance (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 Side-step in both directions. Gallop, leading with either foot with: good control. good balance. smooth movements Stand still for 5 seconds with: minimum wobble. standing foot still. non-standing foot off the floor.	Lessons 1-3 (Coordination) Hop on either foot and skip with: Good control, balance and smooth movements Lessons 4-6 (Static balance) On both legs: Stand still for 10 seconds with: minimum wobble. standing foot still. non-standing foot off the floor.	Lessons 1-3 Keep head up Bend knees to help you balance. Work off balls of feet. Lessons 4-6 Keep head up and still. Keep tummy tight. Keep back straight.	Lessons 1-3 fluency gallop side-step control hop skip directions forwards backwards Lessons 4-6 back (body) challenging wobble muscles straight	Warm up (Bike adventure) Skill (Footwork) Skill application (I'm riding on my bike) Review method (Time shares) Warm up (Bike adventure) Skill (Footwork) Skill application (Off for a ride) Review method (Time shares) Warm up (Bike adventure) Skill (Footwork) Skill application (The instructor says) Review method (Time shares) Warm up (Pirate adventure) Skill (one leg) Skill application (Oh you'll never get to sea) Review method (Time shares) Warm up (Pirate adventure) Skill (one leg) Skill application (Popping pirates) Review method (Time shares) Warm up (Pirate adventure) Skill (one leg) Skill application (Pirate statues) Review method (Time shares)

Medium Term Plan – PE - Year 1 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 Jump from 2 feet to 2 feet forwards, backwards with: <i>good take off and height.</i> <i>balance and control on landing.</i> <i>soft landings.</i> Balance with both hands/ down. Balance with 1 hand/ 2 feet down. Balance with 2 hands/ 1 foot down with: <i>hands/feet up for 10 seconds.</i> <i>minimum wobble (control).</i> <i>balance held without strain.</i>	Lessons 1-3 (Dynamic agility) Jump from 2 feet to 2 feet forwards, backwards and side- to-side with: <i>good take off and height.</i> <i>balance and control on landing.</i> <i>soft landings.</i> Lessons 4-6 (static balance) Balance with 1 hand/1 foot down. Balance with 1 hand or1 foot down. Balance with no hands or feet down with: <i>hands/feet up for 10 seconds.</i> <i>minimum wobble (control).</i>	Lessons 1-3 Bend knees on take-off and landing. Keep feet a shoulder width apart. Keep head up and land on balls of feet. Lessons 4-6 Keep back straight. Keep head up and still. Keep tummy tight.	Lessons 1-3 Width take-off balance jump Lessons 4-6 seated balance wobble position touching	Warm up (moon adventure) Skill (Jumping and landing) Skill application (Jump aboard the rocket ship) Review method (Taps for Congrats) Warm up (moon adventure) Skill (Jumping and landing) Skill application (Asteroid shower) Review method (Taps for Congrats) Warm up (moon adventure) Skill (Jumping and landing) Skill application (Home planet) Review method (Taps for Congrats) Warm up (Fun in the jungle) Skill (seated) Skill application (Five cheeky monkeys) Review method (Taps for Congrats)

	balance held without strain.		control	Warm up (Fun in the jungle) Skill (seated) Skill application (Monkey mirror) Review method (Taps for Congrats)
				Warm up (Fun in the jungle) Skill (seated) Skill application (Throw the fruit) Review method (Taps for Congrats)

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

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 balance)	Lessons 1-3	Lessons 1-3	Warm up (train adventure) Skill (on a line) Skill application (Five little puffer trains) Review method (Magic bean bags)
Walk forwards with fluidity and minimum wobble with:	Walk backwards with fluidity and minimum wobble with:	Keep back straight.	minimum	Warm up (train adventure) Skill (on a line) Skill application (puffing along) Review method (Magic bean bags)
smooth movements.	smooth movements.	Keep head up and still.	line	
balance maintained on the line.	balance maintained on the line.	Swing arms to help move and balance.	wobble	Warm up (train adventure) Skill (on a line) Skill application (Wobbly bridge) Review method (Magic bean bags)
opposite arm and leg moving forwards.	opposite arm and leg moving backwards.	Lessons 4-6	backwards	
Stand on line with good stance for 5 seconds with:	Lessons 4-6 (Static balance)	Keep feet a shoulder width apart.	Lessons 4-6	Warm up (Line out) Skill (Stance) Skill application (Children on a rope)
both feet facing forwards.	Stand on line with good stance for 10 seconds with:	Keep balls of feet on the line.	stance	
		Keep back straight and head up.	balance	

feet still. minimum wobble (control)	both feet facing forwards. feet still. minimum wobble (control).		ball	Review method (Magic bean bags)
			line	Warm up (Line out) Skill (Stance) Skill application (Tightrope twins) Review method (Magic bean bags)
			heel	Warm up (Line out) Skill (Stance) Skill application (tightrope sequence) Review method (Magic bean bags)

Medium Term Plan – PE - Year 1 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 along the floor around body using 2 hands. Sit and roll a ball along the floor around body using 1 hand (right and left) with: balance maintained throughout. smooth, controlled movements. coordinated movements with partner.	Lessons 1-3 (ball skills) 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: ability to move the ball in both directions. control of the ball maintained throughout. smooth movements with the ball. Lessons 4-6 (counter balance)	Lessons 1-3 Use fingers to move the ball. Keep tummy tight and weight through your bottom. Focus on moving the ball smoothly rather than on speed. Lessons 4-6 Keep tummy tight. Keep back straight and head up.	Lessons 1-3 Sit along hand roll around right Lessons 4-6	Warm up (Clown's naughty ball) Skill (Ball skills) Skill application (Shoulders, tummy, knees and toes) Review method (badge of honour) Warm up (Clown's naughty ball) Skill (Ball skills) Skill application (Add a clown move) Review method (badge of honour) Warm up (Clown's naughty ball) Skill (Ball skills) Skill application (Clown tricks) Review method (badge of honour) Warm up (Off to the seaside) Skill (with a partner) Skill application (Hold on tight) Review method (badge of honour)

Sit holding hands with toes touching, lean in together then apart. Sit holding 1 hand with toes touching, lean in together then apart with: balance maintained throughout. smooth, controlled movements. coordinated movements with partner.	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.	Hold on to your partner's forearms.	Toes Rock Lean side-to-side	Warm up (Off to the seaside) Skill (with a partner) Skill application (Whacky water sports) Review method (badge of honour)
				Warm up (Off to the seaside) Skill (with a partner) Skill application (Seaside sculptures) Review method (badge of honour)

Medium Term Plan – PE - Year 1 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	Lessons 1-3 (coordination)	Lessons 1-3	Lessons 1-3	Warm up (ball tricks) Skill (sending and receiving) Skill application (bouncing balls) Review method (gift cards)
Roll large ball and collect the rebound with: accuracy when sending. appropriate power/weight when sending. a good position when receiving.	Throw large ball and catch the rebound with 2 hands with: accuracy when sending. appropriate power/weight when sending. a good position when receiving. Lessons 4-6 (agility)	Look at partner. Use backswing and follow through. Adopt a good 'ready position' (weight on balls of feet, wide base). Keep eyes focused on the ball. Lessons 4-6 Push off hard with feet. Keep head steady and watch the ball.	Roll	Warm up (ball tricks) Skill (sending and receiving) Skill application (big top time) Review method (gift cards) Warm up (ball tricks) Skill (sending and receiving) Skill application (Juggle trouble) Review method (gift cards) Warm up (Land of beans) Skill (Reaction/response) Skill application (RINGO) Review method (gift cards)
			partner	
			ready	
			position	
			backswing	
			power	
			rebound	

React and catch large ball dropped from shoulder height after 2 bounces with: minimum wobble. standing foot still. non-standing foot off the floor	From 1, 2 and 3 metres: React and catch large ball dropped from shoulder height after 1 bounce with: quick reaction. quick, controlled movement. control when slowing down after catch.	Move feet to get to the ball, rather than stretching, and bend knees.	weight Lessons 4-6 React shoulder height catch	Warm up (Land of beans) Skill (Reaction/response) Skill application (Magic beans) Review method (gift cards)
				Warm up (Land of beans) Skill (Reaction/response) Skill application (Magical shapes and letters) Review method (gift cards)

Medium Term Plan – PE - Year 1 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 Roll a ball, chase and collect it in balanced position facing opposite direction with: control when starting and stopping quickly. timing to get in the right position.	Lessons 1-3 (agility) Chase a ball rolled by a partner and collect it in balanced position facing opposite direction with: control when starting and stopping quickly. timing to get in the right position. balance/control when collecting the ball.	Lessons 1-3 Take up a good ready position and push off hard. Keep head steady and watch the ball. Try rolling the ball at different speeds to get the right challenge Lessons 4-6 Keep back straight and tummy tight.	Lessons 1-3 Roll collect chase Lessons 4-6 mini-front support position	Warm up (The Hairy, scary woods) Skill (ball chasing) Skill application (Two cheeky squirrels) Review method (Always, sometimes, rarely) Warm up (The Hairy, scary woods) Skill (ball chasing) Skill application (Squirrel tricks) Review method (Always, sometimes, rarely) Warm up (The Hairy, scary woods) Skill (ball chasing) Skill application (collecting nuts for winter)

balance/control when collecting the ball. Hold mini-front support position: balance maintained throughout. correct position held. control when changing balance/ position.	Lessons 4-6 (Static balance) Reach round and point to ceiling with either hand in mini-front support with: balance maintained throughout. correct position held. control when changing balance/ position.	Keep knees in line with hips. Complete this slowly.	reach round hold	Review method (Always, sometimes, rarely)
				Warm up (little Kitties time to play)) Skill (Floor work) Skill application (Hungry, hungry, Casper cat) Review method (Always, sometimes, rarely)
				Warm up (little Kitties time to play)) Skill (Floor work) Skill application (Create a cat) Review method (Always, sometimes, rarely)
				Warm up (little Kitties time to play)) Skill (Floor work) Skill application (Cat capers) Review method (Always, sometimes, rarely)