

Medium Term Plan – PE – Y1 gym (Creative)

Length of unit - 6 Sessions

Pre-learning	Knowledge	Vocabulary	Learning Sequence (see REAL gym platform)
	Declarative To know how to:		
	Select and link movements together to fit a theme.	Link	At home Shape: floorwork Mirror, mirror Shape off Taps for congrats
	Begin to compare my movements and skills with those of others.	Tuck	
	Explore and describe different movements.	Curl	
		Pike	At home Shape: low apparatus Shape off Sarah says Taps for congrats
		Roll	
		Position,	At home Shape: large apparatus Hide and seek Sticky body parts Taps for congrats
			Jungle trip Travel: floorwork Tree hop Elephant and mouse Questions carousel
			Jungle trip Travel: low apparatus Jungle trip using apparatus Elephant and mouse apparatus Questions carousel
			Jungle trip Travel: large apparatus Follow my leader on apparatus Jungle trip using apparatus Questions carousel

Medium Term Plan – PE – y2 (Creative)

Pre-learning (Year 1)	Knowledge	Vocabulary	Learning Sequence (see REAL gym platform)
	Declarative To know how to:		
Select and link movements together to fit a theme. Begin to compare my movements and skills with those of others. Explore and describe different movements	Recognise similarities and differences in movements and expression.	repeat	Toy box Balance: floorwork Mirror, mirror Dice frenzy Badge of honour
	Make up my own rules and versions of activities.	sequence	
	Respond differently to a variety of tasks.	space	
	Select and link movements together to fit a theme.	perform	Toy box Balance: low apparatus Toys alive using apparatus Dice frenzy Badge of honour
	Begin to compare my movements and skills with those of others.	adapt	
	Explore and describe different movements.	direction	Toy box Balance: large apparatus Sticky body parts Toys alive using apparatus Badge of honour
		speed	Jungle trip Travel: floorwork Mapping pathways Hula Hula Role on a bus
			Jungle trip Travel: low apparatus Mapping pathways using apparatus Hula Hula Role on a bus
			Jungle trip Travel: large apparatus Mapping pathways using apparatus Hula Hula Role on a bus

Medium Term Plan – PE – Y3 (Creative)

Pre-learning (Year 2)	Knowledge	Vocabulary	Learning Sequence (see REAL gym platform)
	Declarative To know how to:		
Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. Respond differently to a variety of tasks. Select and link movements together to fit a theme. Begin to compare my movements and skills with those of others. Explore and describe different movements.	Link actions and develop sequences of movements that express my own ideas. Change tactics, rules or tasks to make activities more fun or more challenging. Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. Respond differently to a variety of tasks.	Compose	Follow my leader Travel: floor work Dice frenzy Mapping pathways Gift cards
		Position	
		Extend	
		Travel	Follow my leader Travel: Hand apparatus Mapping pathways Hula Hula Gift cards
		Combinations	
		Demonstrate	
		Repeat	Follow my leader Travel: Hand apparatus Mapping pathways Hula Hula Gift cards
			Shape up Rotation: floorwork Beanbag rolls Jump, roll, balance Questions carousel
			Shape up Rotation: partner work Jump, roll, balance Beanbag rolls Questions carousel
			Shape up Rotation: partner work Jump, roll, balance Front support relay Questions carousel

Medium Term Plan – PE – Y4 (Creative)

Pre-learning (year 3)	Knowledge	Vocabulary	Learning Sequence (see REAL gym platform)
	Declarative To know how to:		
Link actions and develop sequences of movements that express my own ideas.	Link actions and develop sequences of movements that express my own ideas.	Explosive	Shape up Balance: partner work Introduction to partner balance Hand tap game Comfort, stretch, panic
Change tactics, rules or tasks to make activities more fun or more challenging.	Change tactics, rules or tasks to make activities more fun or more challenging.	Symmetrical	
		Asymmetrical	
Recognise similarities and differences in movements and expression.	Recognise similarities and differences in movements and expression.	Combination	Shape up Balance: partner work Aerobic sequences Reaching out Comfort, stretch, panic
Make up my own rules and versions of activities.	Make up my own rules and versions of activities.	Evaluate	
		Improve	
Respond differently to a variety of tasks.	Respond differently to a variety of tasks.		Shape up Balance: partner work Aerobic sequences Hand tap game Comfort, stretch, panic
	Select and link movements together to fit a theme.		Bounce in time Rotation: floor work Beanbag rolls Ball tricks Secret stats
	Begin to compare my movements and skills with those of others.		Bounce in time Rotation: hand apparatus Jump, roll, balance (with a ball) Ball tricks Secret stats
			Bounce in time Rotation: hand apparatus Jump, roll, balance (with a ball) Ball games Secret stats

Medium Term Plan – PE – Y5 (Creative)

Pre-learning (Year 4)	Knowledge	Vocabulary	Learning Sequence (see REAL gym platform)
	Declarative To know how to:		
Link actions and develop sequences of movements that express my own ideas. Change tactics, rules or tasks to make activities more fun or more challenging. Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. Respond differently to a variety of tasks. Select and link movements together to fit a theme. Begin to compare my movements and skills with those of others.	Effectively disguise what I am about to do next. Use variety and creativity to engage an audience. Respond imaginatively to different situations. Adapt and adjust my skills, movements or tactics so they are different from or in contrast to others.	Contrasting	Continues throwing relay Hand apparatus Ball tricks Ball games Gift cards
		Refine	
		Agility	
		Health and fitness	Continues throwing relay Hand apparatus Rhythmic sequences Pass it on Gift cards
		warm up/ cool down	
		heart rate	Continues throwing relay Hand apparatus Rhythmic sequences Bounce off Gift cards
		pulse	
		recovery	Continuous relay Low apparatus Apparatus circuit Bench sequences Time shares
			Continuous relay Low apparatus Bench sequences Reaching out Time shares
			Continuous relay Low apparatus Bench sequences Front support turn over Time shares

Medium Term Plan – PE – Y6 (Creative)

Pre-learning (Year 5)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Effectively disguise what I am about to do next. Use variety and creativity to engage an audience. Respond imaginatively to different situations. Adapt and adjust my skills, movements or tactics so they are different from or in contrast to others.	Effectively disguise what I am about to do next.	Counter-tension	Follow my leader Partner work Introduction to partner balance Hand tap game Questions carousel
	Use variety and creativity to engage an audience.	Counter-balance	
	Respond imaginatively to different situations.	Criteria	Follow my leader Partner work Up the beat Chance choreography Questions carousel
	Adapt and adjust my skills, movements or tactics so they are different from or in contrast to others.	Performance	
	Link actions and develop sequences of movements that express my own ideas.	Imaginative	
	Change tactics, rules or tasks to make activities more fun or more challenging.	Parallel	Follow my leader Partner work Up the beat Chance choreography Questions carousel
		Aesthetically	Skiping Large apparatus Learning to fly Apparatus circuit Comfort, stretch, panic
			Skiping Large apparatus Run, run, run Dice, frenzy, jumps Comfort, stretch, panic
			Skiping Large apparatus Run, run, run Dice, frenzy, jumps Comfort, stretch, panic