



Sheringdale PE Medium Term Plans KS1 and KS2

Created by Paddy Hill (P.E. Leader) July 2021. To be reviewed July 2022.

Year: 1

Term: Autumn

Topic : Magnificent Me

<p>PE NC focus</p>	<p>Health & Fitness Most children:</p> <ul style="list-style-type: none">• Know that being active is good for them and fun <p>Striking/Fielding – Tennis</p> <ul style="list-style-type: none">• Are confident and safe in the spaces used to play games• Can explore and use skills, actions and ideas individually and in combination to suit the game they are playing• Will watch, copy and describe what others are doing	<p>Floor Gymnastics Most children:</p> <ul style="list-style-type: none">• Move confidently and safely in their own and general space, using change of speed and direction• Perform movement phrases using a range of body actions and body parts• Watch, copy and describe what they and others have done <p>Large ball skills</p> <ul style="list-style-type: none">• Choose and use skills effectively for particular games
<p>wider links</p>		

Year: 1

Term: Spring

Topic: All aboard!

<p>PE NC focus</p>	<p>Apparatus Gymnastics Most children:</p> <ul style="list-style-type: none">• Move confidently and safely in their own and general space, using change of speed and direction• Know how to carry and place apparatus• Recognise how their body feels when still and when exercising <p>Co-ordination skills</p> <ul style="list-style-type: none">• Explore and use skills, actions and ideas individually and in combination to suit the game they are playing	<p>Dance Most children:</p> <ul style="list-style-type: none">• Move confidently and safely in their own and general space, using changes of speed, level and direction• Perform movement phrases using a range of body actions and body parts <p>Large ball skills – hands</p> <ul style="list-style-type: none">• Choose and use skills effectively for particular games• Watch, copy and describe what others are doing
<p>wider links</p>		<p>Nautical/Pirate songs - water sounds and movement e.g. (Horn blower)</p>

Year: 1

Term: Summer

Topic : Food Glorious Food

<p>PE NC focus</p>	<p>Athletics: Running, Throwing and Jumping</p> <p>Most children:</p> <ul style="list-style-type: none">• Use their bodies and a variety of equipment with greater control and coordination• Recognise and describe what their bodies feel like during different types of activity <p>Small ball skills: throwing, catching & fielding</p> <ul style="list-style-type: none">• Explore and use skills, actions and ideas individually and in combination to suit the game they are playing	<p>Athletics: Sports Day Training</p> <p>Most children:</p> <ul style="list-style-type: none">• Use their bodies and a variety of equipment with greater control and coordination• Recognise and describe what their bodies feel like during different types of activity <p>Striking/Fielding – Rounders</p> <ul style="list-style-type: none">• Explore and use skills, actions and ideas individually and in combination to suit the game they are playing
<p>wider links</p>		<p>School Sports Day</p>

Year: 2

Term: Autumn

Topic : Fire and Ice

**PE
NC focus**

Health & Fitness

Most children:

- Recognise and describe what their bodies feel like during different types of activity

Striking/Fielding – Tennis

- Improve the way they coordinate and control their bodies and a range of equipment
- Recognise good quality in performance

Floor Gymnastics

Most children:

- Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision
- Choose, use and vary simple compositional ideas in the sequences they create and perform.

Invasion Games – Football

- Improve the way they coordinate and control their bodies and a range of equipment
- Remember, repeat and link combinations of skills
- Choose, use and vary simple tactics

wider links

Year: 2

Term: Spring

Topic : Heroes of the World

**PE
NC focus**

Apparatus Gymnastics

Most children:

- Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision
- Lift, move and place equipment safely
- Improve their work using information they have gained by watching, listening and investigating

Ball Skills / Hockey

- Improve the way they coordinate and control their bodies and a range of equipment

Dance

Most children:

- Explore, remember, repeat and link a range of actions with co-ordination, control and an awareness of the expressive qualities of dance
- Compose and perform dance phrases and short dances
- Watch and describe dance phrases and use what they learn to improve their own work

Invasion Games – Netball

- Improve the way they coordinate and control their bodies and a range of equipment

	<ul style="list-style-type: none"> Remember, repeat and link combinations of skills Choose, use and vary simple tactics Recognise good quality in performance Use information to improve their work 	<ul style="list-style-type: none"> Remember, repeat and link combinations of skills Choose, use and vary simple tactics Recognise good quality in performance Use information to improve their work
wider links		African inspired dances
Year: 2 Term: Summer		
Topic : Location Location!		
PE NC focus	Athletics: Running, Throwing and Jumping Most children: <ul style="list-style-type: none"> Use their bodies and a variety of equipment with greater control and coordination Recognise and describe what their bodies feel like during different types of activity Small ball skills: throwing, catching & fielding <ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range of equipment Remember, repeat and link combinations of skills 	Athletics: Sports Day Training Most children: <ul style="list-style-type: none"> Use their bodies and a variety of equipment with greater control and coordination Recognise and describe what their bodies feel like during different types of activity Striking/Fielding – Rounders <ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range of equipment Remember, repeat and link combinations of skills
wider links	Wandsworth Tennis Competition	School Sports Day

Year: 3

Term: Autumn

Topic : Stones and Bones

<p>PE NC focus</p>	<p>Health and Fitness Most Children:</p> <ul style="list-style-type: none">• Know and describe the short-term effects of different exercise activities on the body• Know how to improve stamina <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their techniques and their ability to link movements• Improve their ability to choose and use simple tactics and strategies	<p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements• Improve their ability to select appropriate actions and use simple compositional ideas• Know the importance of suppleness and strength <p>Invasion Games – Football</p> <ul style="list-style-type: none">• Improve their ability to choose and use simple tactics and strategies• Recognise good performance and identify the parts of a performance that need improving
<p>wider links</p>		

Year: 3

Term: Spring

Topic : Marvellous Inventions

<p>PE NC focus</p>	<p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements• Describe and evaluate the effectiveness and quality of a performance• Recognise how their own performance has improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their techniques and their ability to link movements• Develop the range and consistency of their skills in all games• Recognise good performance and identify the parts of a performance that need improving	<p>Dance Most Children:</p> <ul style="list-style-type: none">• Improvise freely on their own and with a partner, translating ideas from a stimulus into movement• Perform dances with an awareness of rhythmic, dynamic and expressive qualities• Describe and evaluate some of the compositional features of dances performed with a partner and in a group <p>Invasion Games – Netball</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their techniques and their ability to link movements• Develop the range and consistency of their skills in all games• Recognise good performance and identify the parts of a performance
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		that need improving
wider links		I like to move it –street dance style Wandsworth Yr 3+4 gymnastics competition

Year: 3
Term: Summer

Topic : The Romans Rule

PE NC focus	<p>Tennis Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work <p>Striking/Fielding – Kwik Cricket</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work 	<p>Striking/Fielding – Rounders Most Children:</p> <ul style="list-style-type: none"> • Consolidate and improve the quality of their techniques • Develop the range and consistency of their skills in all games • Keep, adapt and make rules • Use what they have learned to improve their work <p>Athletics - Sports Day Training</p> <ul style="list-style-type: none"> • Consolidate and improve the quality, range and consistency of the techniques they use for particular activities • Develop their ability to choose and use simple tactics and strategies in different situations
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wider links	Wandsworth Tennis Competition	School Sports Day
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Year: 4

Term: Autumn

Topic : Buckle up! Life's a journey

<p>PE NC focus</p>	<p>Health and Fitness Most Children:</p> <ul style="list-style-type: none">• Recognise which activities help their speed, strength and stamina and know when they are important in games• Recognise how specific activities affect their bodies <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none">• Consolidate and improve the quality of their techniques and their ability to link movements• Develop the range and consistency of their skills <p>Swimming Lessons</p> <ul style="list-style-type: none">• Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills <p>Improve linking movements and actions</p>	<p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none">• Develop the range of actions, body shapes and balances they include in a performance• Perform skills and actions more accurately and consistently• Create gymnastic sequences that meet a theme or set of conditions• Use compositional devices when creating their sequences, such as changes in speed, level and direction <p>Invasion Games – Football</p> <ul style="list-style-type: none">• Use and adapt tactics in different situations• Recognise aspects of their work that need improving• Suggest practices to improve their play <p>Swimming Lessons</p> <ul style="list-style-type: none">• Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills• Improve linking movements and actions
<p>wider links</p>		

Year: 4

Term: Spring

Topic : Blue Abyss

<p>PE NC focus</p>	<p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none">• Perform skills and actions more accurately and consistently• Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none">• Develop the range and consistency of their skills in all games	<p>Dance Most Children:</p> <ul style="list-style-type: none">• Explore and create characters and narratives in response to a range of stimuli• Use simple choreographic principles to create motifs and narrative <p>Some children will:</p> <ul style="list-style-type: none">• Perform complex dance phrases and dances that communicate character and narrative
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	<ul style="list-style-type: none"> Use and adapt tactics in different situations Recognise which activities help their speed, strength and stamina and know when they are important in games. <p>Swimming Lessons</p> <ul style="list-style-type: none"> Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions 	<p>Invasion Games – Netball</p> <ul style="list-style-type: none"> Consolidate and improve the quality of their techniques and their ability to link movements Develop the range and consistency of their skills Recognise good performance and identify the parts of a performance that need improving. <p>Swimming Lessons</p> <ul style="list-style-type: none"> Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions
wider links		<p>Water themed dance</p> <p>Wandsworth Yr 3+4 gymnastics competition</p>

Year: 4

Term: Summer

Topic : Sands of Time

	<p>Tennis</p> <p>Most Children:</p> <ul style="list-style-type: none"> Consolidate and improve the quality of their techniques Develop the range and consistency of their skills and control Use and adapt tactics in different situations Use what they have learned to improve their work <p>Striking/Fielding – Kwik Cricket</p> <ul style="list-style-type: none"> Consolidate and improve the quality of their techniques Develop the range and consistency of their batting, bowling and fielding skills Recognise how specific activities affect their bodies Suggest practices to improve their play <p>Non-swimmers catch up lessons</p>	<p>Striking/Fielding – Rounders</p> <p>Most Children:</p> <ul style="list-style-type: none"> Consolidate and improve the quality of their techniques Develop the range and consistency of their batting, bowling and fielding skills Use and adapt tactics in different situations Recognise aspects of their work that need improving Suggest practices to improve their play <p>Athletics - Sports Day Training</p> <ul style="list-style-type: none"> Consolidate and improve the quality, range and consistency of the techniques they use for particular activities Develop their ability to choose and use simple tactics and strategies in different situations
PE NC focus		
wider links	Wandsworth Tennis Competition	<p>Wandsworth Kwik cricket tournament</p> <p>School Sports Day</p>

Year: 5

Term: Autumn

Topic : Laudable London

<p>PE NC focus</p>	<p>Health and Fitness/X Country Most Children:</p> <ul style="list-style-type: none">• Know and understand the basic principles of warming up, and understand why it is important for a good-quality performance• Understand why exercise is good for their fitness, health and wellbeing <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none">• Develop a broader range of techniques and skills for attacking and defending• Develop consistency in their skills• Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations• Suggest improvements in own and others' performances	<p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none">• Perform actions, shapes and balances consistently and fluently in specific activities• Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations• Choose and use information and basic criteria to evaluate their own and others' work <p>Invasion Games – Football</p> <ul style="list-style-type: none">• Develop a broader range of techniques and skills for attacking and defending• Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations• Suggest improvements in own and others' performances
<p>wider links</p>	<p>Putney Primary Schools Cross-Country</p>	<p>Wandsworth mixed tag-rugby tournament</p>

Year: 5

Term: Spring

Topic : Champions of Change

<p>PE NC focus</p>	<p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none">• Perform actions, shapes and balances consistently and fluently• Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved <p>Invasion Games – Hockey</p> <ul style="list-style-type: none">• Develop a broader range of techniques and skills for attacking and defending• Know and apply the basic strategic and tactical principles of attack, and	<p>Dance Most Children:</p> <ul style="list-style-type: none">• Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group• Compose dances by using adapting and developing steps, formations and patterning from different dance styles <p>Some children will:</p> <ul style="list-style-type: none">• Perform dances expressively, using a range of performance skills <p>Invasion Games – Netball</p> <ul style="list-style-type: none">• Develop a broader range of techniques and skills for attacking and
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	to adapt them to different situations <ul style="list-style-type: none"> Suggest improvements in own and others' performances 	defending <ul style="list-style-type: none"> Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations
wider links	Wandsworth Quicksticks mixed hockey festival	Sports themed dance

Year: 5
Term: Summer

Topic : Traders and Raiders

PE NC focus	Athletics – Putney Primary Schools Sports Day Training Most Children: <ul style="list-style-type: none"> Develop the consistency of their actions in a number of events Choose appropriate techniques for specific events Evaluate their own and others' work and suggest ways to improve it Striking/Fielding – Kwik Cricket <ul style="list-style-type: none"> Develop the range and consistency of their batting, bowling and fielding skills Develop a broader range of techniques and skills for attacking and defending Suggest practices to improve theirs and others' play 	Striking/Fielding – Rounders Most Children: <ul style="list-style-type: none"> Develop the range and consistency of their batting, bowling and fielding skills Use and adapt tactics in different situations Recognise aspects of their work that need improving Athletics - Sports Day Training <ul style="list-style-type: none"> Develop the consistency of their actions in a number of events Choose appropriate techniques for specific events Evaluate their own and others' work and suggest ways to improve it
wider links		Putney Primary Schools Sports day Wandsworth Kwik cricket tournament & School Sports Day

Year: 6

Term: Autumn

Topic : Darwin's Delights

<p>PE NC focus</p>	<p>Health and Fitness/X Country Most Children:</p> <ul style="list-style-type: none">• Know and understand the basic principles of warming up, and understand why it is important for a good-quality performance• Understand why exercise is good for their fitness, health and wellbeing <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none">• Choose, combine and perform skills more fluently and effectively• Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations• Suggest improvements in own and others' performances	<p>Floor Gymnastics Most Children:</p> <ul style="list-style-type: none">• Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas• Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional\ principles• Evaluate their own and others' work and suggest ways of making improvements <p>Invasion Games – Football</p> <ul style="list-style-type: none">• Understand, choose and apply a range of tactics and strategies for defence and attack• Use these tactics and strategies more consistently in similar games• Develop their ability to evaluate their own and others' work, and to suggest ways to improve it
<p>wider links</p>	<p>Putney Primary Schools Football and Netball league Putney Primary Schools Cross-Country</p>	<p>Wandsworth mixed tag-rugby tournament AFC Wimbledon 6-a-side Girls football competition AFC Wimbledon 6-a-side Boys football competition</p>

Year: 6

Term: Spring

Topic : Does the Heart Ever Stop?

<p>PE NC focus</p>	<p>Apparatus Gymnastics Most Children:</p> <ul style="list-style-type: none">• Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas• Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional\ principles• Evaluate their own and others' work and suggest ways of making improvements <p>Invasion Games – Hockey</p>	<p>Dance Most Children:</p> <ul style="list-style-type: none">• Explore, improvise and combine movement ideas fluently and effectively• Compose dances by using adapting and developing steps, formations and patterning from different dance styles• Evaluate, refine and develop their own and others work <p>Some children will:</p> <ul style="list-style-type: none">• Perform dances expressively, using a range of performance skills <p>Invasion Games – Netball</p>
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	<ul style="list-style-type: none"> Choose, combine and perform skills more fluently and effectively Understand, choose and apply a range of tactics and strategies for defence and attack Develop their ability to evaluate their own and others' work, and to suggest ways to improve it 	<ul style="list-style-type: none"> Choose, combine and perform skills more fluently and effectively Understand, choose and apply a range of tactics and strategies for defence and attack Develop their ability to evaluate their own and others' work, and to suggest ways to improve it
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wider links	Wandsworth Quicksticks mixed hockey festival	The Charleston – links with Geog. topic – N America Putney Primary Schools Hi-5 Netball League Putney Primary Schools Girls Football competition
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Year: 6
Term: Summer

Topic : Is it ever right to fight?

PE NC focus	Athletics – Putney Primary Schools Sports Day Training Most Children: <ul style="list-style-type: none"> Develop the consistency of their actions in a number of events Choose appropriate techniques for specific events Evaluate their own and others' work and suggest ways to improve it Striking/Fielding – Kwik Cricket <ul style="list-style-type: none"> Develop the consistency of their batting, bowling and fielding skills Develop a broader range of techniques and skills for attacking and defending Suggest practices to improve theirs and others' play 	Striking/Fielding – Rounders Most Children: <ul style="list-style-type: none"> Develop the range and consistency of their batting, bowling and fielding skills Use and adapt tactics in different situations Recognise aspects of their work that need improving Athletics - Sports Day Training & Orienteering <ul style="list-style-type: none"> Develop the consistency of their actions in a number of events Choose appropriate techniques for specific athletic events Evaluate their own and others' work and suggest ways to improve it Develop and refine orienteering and problem-solving skills when working in groups and on their own Understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing Non-swimmers catch up lessons
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wider links		Putney Primary Schools Sports day Wandsworth Boys and Girls Kwik cricket tournament School Sports Day
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