

# Winterton Junior School Medium Term Plan

(see short term lesson plans / scheme of work for greater detail)

Term: Spring Term

Year Group: 2

SUBJECT/SESSION	PE	
1	Gym - Floor Stepping (weeks 1 and 2 in the scheme of work)	To use different stepping movements on the floor/apparatus. Children to know and describe movements. Children can move with control and adapt movements. Children can work effectively with a partner or on their own.
2	Rolls (weeks 3 and 4 in the scheme of work).	To use and perform a variety of rolls. Children can roll confidently with increased control. Children can attempt a variety of rolls. Some children can roll with control consistently.
3	Sequences (weeks 5 and 6 in the scheme of work).	Children to create and perform a simple / complex sequence. Children can link parts of a sequence with control and increasing fluency.
4	Gym - Flight Jumps (weeks 1 and 2 in the scheme of work)	To know principles of take-off and landing. Children to understand and explain jump principles. Children can show tension in their jumps.
5	Jump to roll / sequences (weeks 3 and 4 in the scheme of work).	To explore basic linking movements.  Children to link jump, roll and spin with increasing control.  Children to perform a simple sequence.
6	Paired sequences (weeks 5 and 6 in the scheme of work).	To refine and adapt a simple sequence on floor and apparatus. Children can evaluate performances. Children can adapt and include a change of direction.

7	<p>Dance - Performance.</p> <p>Moves and Speed.</p> <p>Sequence (weeks 1 and 2 in the scheme of work).</p>	<p>To explore and learn dance moves.</p> <p>All children can copy basic moves and begin to repeat consistently.</p> <p>Most children can create a dance move.</p> <p>Some children can perform moves to a high level.</p>
8	<p>Teach and Own Sequence (weeks 3 and 4 in the scheme of work).</p>	<p>To perform a sequence of movements.</p> <p>All children can copy and perform a simple sequence.</p> <p>Most children can contribute ideas and perform a sequence with others.</p> <p>Some children can create and lead a sequence and perform with timing and control.</p>
9	<p>Practice and Perform Sequence.</p> <p>Performance (weeks 5 and 6 in the scheme of work).</p>	<p>To perform a sequence of movements and in time with music.</p> <p>All children can follow a sequence of moves.</p> <p>Most children can work collaboratively to adapt a sequence and in time with music.</p> <p>Some children can move consistently in time with music and lead others.</p>
10	<p>Dance - Interpretive.</p> <p>Exploring movement and speed (weeks 1 and 2 in the scheme of work).</p>	<p>To explore and respond to stimuli.</p> <p>All children can move freely and with speed.</p> <p>Most children can move appropriately with expression.</p> <p>Some children can show control and originality.</p>
11	<p>Exploring levels and direction (weeks 3 and 4 in the scheme of work).</p>	<p>To be aware of different levels and to use space and direction.</p> <p>All children can move freely.</p> <p>Most children can copy and remember dance moves.</p> <p>Some children can show originality.</p>
12	<p>Combination (week 5 in the scheme of work)</p>	<p>To link movements in a dance.</p> <p>All children can perform a dance sequence.</p> <p>Most children can create and perform a dance sequence.</p> <p>Some children can perform with expression.</p>