

Winterton Junior School Medium Term Plan

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

Term: Spring Term

Year Group: 1

SUBJECT/SESSION	PE	
1	Gym - Floor Travel and Stepping (weeks 1 and 2 in the scheme of work)	To know and use different methods of travelling. Children to move in different ways confidently and safely. Children can adapt movements and describe what is effective. Children can move with increasing control and confidence.
2	Sequence (week 3 in the scheme of work).	To perform a simple sequence. Children can copy a sequence. Children can create a sequence. Some can perform a sequence with control.
3	Rolls and Sequences (weeks 5 and 6 in the scheme of work).	To create a sequence using a balance and a roll. Children can copy and perform different rolls. Children can begin to roll with control. Children can create a simple sequence with a balance and a roll. Some children can perform a sequence with control.
4	Gym - Flight Jumps (weeks 1 and 2 in the scheme of work)	To know principles of take-off and landing. Children can jump and land safely and in different ways. Children can show a good level of balance in their jumping technique.
5	Jumping (weeks 3 and 4 in the scheme of work).	To use different points to take-off and land and alter shape. Children to use an effective technique in most jumps and land safely. Children to show tension in a variety of jumps.

6	Turns, spins and sequences (weeks 5 and 6 in the scheme of work).	To turn using good technique. Children can turn, spin and stop with increasing control. Children can develop a 5-part sequence. Children can show control with some displaying tension.
7	Dance - Performance. Jumping and Refining Movement (weeks 1 and 2 in the scheme of work).	To explore moving to music and use elements of dance in movement. All children can move in different ways and with control. Most children can move with control and purpose. Some children can show elements of performance.
8	Teach Sequence and Movement (weeks 3 and 4 in the scheme of work).	To copy a simple sequence and perform a sequence of movements. All children can copy and perform a simple sequence. Most children can contribute perform in time and create an original sequence. Some children can create and lead a sequence and perform with timing and control.
9	Practice and Perform Sequence. Performance (weeks 5 and 6 in the scheme of work).	To perform a sequence of movements and in time with music. All children can follow a sequence of moves. Most children can work collaboratively to adapt a sequence and in time with music. Some children can move consistently in time with music and lead others.
10	Dance - Interpretive. Exploring movement and speed (weeks 1 and 2 in the scheme of work).	To explore and respond to stimuli. All children can move freely. Most children can move appropriately to stimuli and with speed. Some children can mover with expression and alter speed.
11	Exploring levels and direction (weeks 3 and 4 in the scheme of work).	To be aware of different levels and to use space and direction. All children can move freely. Most children can alter level and speed to represent something. Some children can show originality.

12

Combination (week 5 in the scheme of work)

To link movements in a sequence.

All children can move with the music.

Most children can link two or more movements together.

Some children can perform a sequence with precision and fluidity .