



Brenzett CE Primary School

PE Medium Term Plans



We follow a two-year rotating cycle at Brenzett CE Primary School in our mixed-age classes.
This allows for full National Curriculum coverage.

Cycle One

	Years 1 and 2		Years 3 and 4		Years 5 and 6	
Term 1	Tag Rugby	Infant Agility	Tag Rugby	Football	Swimming	Basketball
	<p>Pupil learn how to dodge and weave and object using speed and direction.</p> <p>Pupils learn to become familiar with a rugby ball. How to hold it and catch with two hands.</p> <p>Pupils learn how to use the correct technique to throw the ball in a straight line.</p> <p>Pupils learn how to mark / shadow another person and why we do this.</p> <p>Pupils learn how to pass and move towards a goal area.</p> <p>Pupils learn how to score in rugby by placing a ball down in a target area.</p>	<p>Learn and understand how to perform the correct running technique in a range of fun games.</p> <p>Learn the correct technique to perform the chest pass.</p> <p>Take part in a number of activities encouraging them to balance and hold balance.</p> <p>Learn how to jump effectively moving their arms and bending legs to bend.</p>	<p>Pupil learn how to dodge and weave and object using speed and direction and understand why agility is important in tag rugby.</p> <p>Pupils learn to become familiar with a rugby ball. How to hold it and catch with two hands and move their feet towards a ball for a successful catch and to avoid a knock on.</p> <p>Pupils learn how to use the correct technique to throw the rugby ball backwards – focus on aiming for a target.</p> <p>Learn to tag a player and the rules associated with tagging.</p> <p>Pupils learn how to pass and move towards a goal area combining passing and running skills.</p> <p>Pupils learn how to score in rugby by placing a ball down in a target area and how to work as a team and communicate ideas and rules.</p>	<p>Understand the basic rules of football and explore ways of using the feet to move the ball.</p> <p>Learn the correct technique to dribble a ball and change direction.</p> <p>Learn different passing techniques and begin to control the ball.</p> <p>Learn different passing techniques and begin to be able to pass over a long distance.</p> <p>Learn different shooting techniques and be able to strike a ball using laces.</p> <p>To use skills in a game situation.</p>	<p>Focus on swimming 25m front crawl using different breathing techniques.</p> <p>Develop breathing techniques relating to swimming speeds in front crawl.</p> <p>To use sculling to assist in floatation and movement in self-safety.</p> <p>To introduce the basic of breast stroke.</p> <p>To develop back and breast stroke.</p> <p>To look at different self-rescue techniques.</p>	<p>Understand the basic rules of basketball and explore different ways of moving with a ball effectively.</p> <p>Learn different techniques to dribble the ball with control.</p> <p>Learn a variety of different passes and when they are used in a game.</p> <p>To be able to shoot using the correct technique.</p> <p>To work as a team and attack and defend effectively.</p> <p>Link skills learnt and put them into a game.</p>
Term 2	Dance	Tri-golf	Dance	Basketball	Dance	Football
	<p>Introduction to learning basic actions and how to copy simple patterns.</p> <p>Learn how to move and respond to a variety of stimuli.</p> <p>Learn different directions used in dance.</p> <p>Learn how to express moods and feelings to tell a story, Create a clear beginning, middle and end to routines by using stillness.</p> <p>Learn and perform a basic performance</p>	<p>Learn the fundamental skills of rolling a ball underarm.</p> <p>Learn how to play golf without equipment.</p> <p>Learn how to use a putter</p> <p>Learn how to chip a golf ball.</p> <p>To put skills together to play a round of golf.</p>	<p>Recap basic movements and learn how to create and develop basic movement patterns,</p> <p>Explore different ways to use movement to reflect a stimulus and link movements together in a group.</p> <p>Learn different directions used in dance, add these directions in to dance being created.</p> <p>Learn how to use formations in dance.</p> <p>Create a clear beginning, middle and end to routines by using stillness and symmetrical shape.</p> <p>Children communicate ideas in groups.</p> <p>Recap performance skills and use these in their final performance.</p>	<p>Familiarisation with a basketball and learn the basic rules of the game.</p> <p>Perform the basic dribbling technique with control and accuracy.</p> <p>Introduce and understand where passing is used in basketball.</p> <p>Develop the understanding and knowledge of how to execute a successful set shot.</p> <p>To work as a team to develop attacking and defending skills.</p> <p>Link all skills in a game situation.</p>	<p>Introduction to learning how to adapt a basic motif in small groups.</p> <p>Learn how to respond to a different piece of stimuli. Use movements to reflect the theme.</p> <p>Learn different dance relationships used in dances.</p> <p>Learn how to canon.</p> <p>Use formations in dance to make it more aesthetically pleasing, learn how to flow into formations using different relationships.</p> <p>Use partner balance to develop stillness.</p> <p>Recap performance skills and perform final dance.</p>	<p>Understand the rules of football and explore different ways of moving with the ball effectively.</p> <p>Learn different techniques to dribble with the ball.</p> <p>Learn a variety of different turns to change direction and beat defenders.</p> <p>Learn how to pass the ball over a variety of distances.</p> <p>Learn the correct technique to strike a ball.</p> <p>Use all skills learnt and put them into a game situation.</p>
Term 3	Football	Multi skills	Hockey	Handball	Hockey	Netball
	<p>Familiarisation of the ball – begin to use feet to move around and area.</p> <p>Dribbling – learn the correct technique on how to dribble a ball.</p> <p>Short passing – learn how to pass a ball over the short distance using the inside of the foot.</p> <p>Long passing – learn how much power is needed to pass a ball over a long distance and why a long pass is used.</p> <p>Shooting – learn how to strike a ball and also the difference between passing and shooting.</p> <p>Game situations – link skills learnt to play a game</p>	<p>Become familiar with different movement pattern and techniques.</p> <p>Understand how to land in an effective balanced position.</p> <p>Learn to react to stimuli.</p> <p>Understand what is meant by agility.</p> <p>Learn the dribbling technique in a number of different sporting situations.</p> <p>Demonstrate skills learnt in a number of game situations.</p>	<p>Understand the basic rules of hockey and explore ways of using the stick to move the ball.</p> <p>Develop dribbling skills with control in a small area.</p> <p>Understand different passing techniques and develop passing skills.</p> <p>Understand how to control passes and when to use power in different situations.</p> <p>Understand the difference between passing and shooting.</p> <p>Develop dribbling, passing and shooting in a game situation.</p>	<p>Different types of passing and shooting available in handball.</p> <p>Basic dribbling in handball.</p> <p>Link dribbling and passing together</p> <p>Decision making focussing on when to pass, take 3 steps or dribble.</p> <p>Use of skills learnt un a game situation.</p>	<p>Explore the shake hands grip and the reverse grip when travelling with the ball.</p> <p>To dribble with direction and explore the reverse stick.</p> <p>Explore passing over a distance whilst on the move and learn how to stop a ball.</p> <p>To explore attack.</p> <p>To explore how to defend and tackle.</p> <p>To implement skills learnt in matches.</p>	<p>Learn how to control footwork when moving at speed.</p> <p>Develop short distance passing skills on the move.</p> <p>Develop long distance passing on the move signalling and communication.</p> <p>Develop basic attacking skills – creating and moving forward into space to receive a ball.</p> <p>Develop basic defending skills when marking the ball – demonstrating good control and quick reactions with a game situation.</p> <p>Develop the shooting technique and to develop pupil understanding of rules and game play.</p>
Term 4	Gymnastics	Handball	Gymnastics	Badminton	Gymnastics	Tag rugby
	<p>Learn how to create a variety of different shapes using parts of the body.</p> <p>Begin to put shapes together and be able to perform a small sequence.</p> <p>Learn how to move around an area when bodies are at high and low levels.</p> <p>Explore different ways of using hands and feet to travel around an area.</p> <p>Learn how to perform a variety of different balances.</p>	<p>Ball familiarisation and movement.</p> <p>Learn how to throw overarm in handball.</p> <p>How to get into the correct position to catch a handball.</p> <p>Introduce movement focussing on throwing and catching.</p> <p>Introduce shooting and goal keeping.</p> <p>Learn how to travel before shooting and passing.</p>	<p>Learn a variety of different ways to travel across a small area using different levels and body parts.</p> <p>Explore and link different shapes to create a small sequence.</p> <p>Learn how to jump effectively and safely and apply this in a sequence.</p> <p>Learn point and patch balances and how to link them together within their sequences.</p>	<p>Become familiar with badminton and a badminton racket.</p> <p>Become familiar with the backhand return shot.</p> <p>Understand what a shuttlecock is and how it is used in a game.</p> <p>Understand how to start a game of badminton.</p> <p>Develop the serve and rally.</p> <p>Demonstrate the skills learnt over the term.</p>	<p>Learn how to perform point and group balances.</p> <p>Learn the difference between symmetric and asymmetric shapes.</p> <p>Link balances and shapes to create a short routine.</p> <p>Incorporate a piece of equipment into a short routine.</p> <p>Understand the principles behind effective jumping.</p> <p>Create and perform a routine</p>	<p>Learn how to dodge and weave an object using speed and direction.</p> <p>Become familiar with a rugby ball, how to hold it and catch with 2 hands, learn how to move their feet towards the ball for a successful catch and how to turn in the air away from their defenders to avoid a knock on.</p> <p>Learn how to use the correct technique to throw the rugby</p>

	To use apparatus safely and to create a small routine of skills learnt.		Learn the fundamental skills of rolling and link them together in a controlled way. Perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus.			ball backwards down a line and whilst moving. Learn to tag a player and learn the rules associated with tagging. Learn how to pass and move forwards towards a goal area. Learn to use spaces. Learn how to score in rugby by placing the ball in target areas
Term 5	Athletics	Cricket	Athletics	Tri-golf	Athletics	Rounders
	Learn how to change running speed and direction. To learn how to jump high and for distance. Learn how to throw and catch.	Fundamental ball/ beanbag skills, focused on throwing. Basic underarm bowling/ throwing with tactics and aspects of fielding. Catching and fielding. Fielding a ball and returning it to the wicket. Learning the basic concept of playing kwik cricket games. Developing the basic concept of playing a kwik cricket game.	Learn the correct technique used for short distance running. Understand how to perform a long jump correctly. Learn how to perform a seated overhead throw. Understand the importance of pacing in long distance running. Understand and perform the correct technique required to throw a foam javelin.	Learn to accurately roll and putt a ball with a partner. To discover when and why a putter is used in golf. To develop using the chipper focussing on technique. To continue using a chipper on a tri gif course. Learn how to use tactics to avoid obstacles, focus of shot and club selection. To be able to put all skills together to play a round of golf.	Learn how to pace to run long distance races. Learn the correct technique to perform the standing long jump and the running long jump. Learn how to use and perform the sprint start technique. Experiment different techniques required to take part in a number of throwing events, Learn how to perform relay races with a relay baton. Compete in a number of exercises.	Learn how to perform a 2 handed and 1 handed catch when a partner feeds them a ball. A competitive element adds pressure to challenge pupils. Learn to consistently throw and catch with a partner at long distances. Learn to strike a bowled ball – focus on power and strength. Batting tactics introduces for aiming into zone areas. Learn running skills and experiment with speed in which they run using fun modified games. Explore the bowling technique and target throwing. Learn basic rules and positions to play games with a competitive element.
Term 6	Rounders	Tennis	Rounders	Cricket	Cricket	Tennis
	Learn how to perform a 2 handed catch with the correct technique for striking and fielding games. Link both throwing and catching as an introduction to a bowling technique. Learn to make a striking action and to make contact with a stationary and / or moving object. Learn running skills and experiment with the speed in which they run using fun modified games. Learn to chase the ball and how to pick the ball up whilst on the move. Learn basic rules and positions to play an enjoyable match	Practice rolling and throwing the ball underarm gradually linking that technique to the forehand shot. Continue to develop the forehand shot. Understand what a volley shot is and when this shot is used in tennis. Understand how to perform a volley shot – start to move their feet, correct body position and make contact with the ball before it bounces. Understand how to start a game using and underarm shot. Start to learn how to rally, Correct techniques required to perform an underarm serve.	Learn how to perform a 2 handed and 1 handed catch when a partner feeds them a ball. Learn to throw and catch consistently with a partner at different distances. Learn to strike a bowled ball – focus on power and strength. Learn running skills and experiment with speed. Learn the overarm throw long distance to develop fielding techniques. Learn basic rules and positions to play games.	Fundamental skills of fielding and throwing. Introduce the overarm throw. Further develop throwing and catching and include fielding tactics. Fundamental skills of batting. Develop batting and fielding skills. Play a game of cricket. Use tactics and teamwork in a kwik cricket game.	Develop accuracy of throwing whilst fielding the ball. Develop retrieving, catching and returning the ball whilst fielding. Develop batting and learning how to play a defensive shot. Develop speed and accuracy in the overarm bowling. Developing rules in a game using the overarm bowling. To understand the rules of cricket and how to run between wickets,	Learn the correct technique for a forehand shot and linking the similarities between the rolling of the ball and the forehand shot. Learn the correct technique to perform the backhand shot, Be taught how to perform the volley shot using the correct technique, Learn how to perform an overarm serve to start a game, Use correct terminology for the court markings and scoring. Play in competitive games

Cycle Two						
	Years 1 and 2		Years 3 and 4		Years 5 and 6	
Term 1	Tag Rugby	Infant Agility	Tag Rugby	Football	Swimming	Basketball
	Learn how to dodge and weave an object using speed and direction and what agility is and why it's used in Tag rugby. Become familiar with a rugby ball. How to hold it and how to catch it with 2 hands. Learn how to use the correct technique to throw a rugby ball in a straight line – focus on aiming at a target. Learn how to marl/shadow another person and why we do this. Introduce tagging. Learn how to pass and move towards a goal area. Combine passing and running skills. Learn how to score in rugby by placing the ball down in target areas.	Learn the correct running technique for short distance running. Learn the correct technique to perform the chest push pass. Learn and understand different ways to balance. Learn how to jump and land correctly. Develop hand-eye coordination.	Learn the importance of agility when dodging in tag rugby. Become familiar with catching a rugby ball. Learn how to pass the ball backwards down a line. Learn to develop tagging technique using the correct rules. Develop basic tactics using the magic diamond. Develop knowledge of how to score a try and to learn basic game rules.	Develop understanding of the basic rules of football – take part in dribbling exercises encouraging students to use different parts of their feet, Develop dribbling skills whilst encouraging students to change direction. Learn to perform a short distance pass in football using the correct technique. Continue to develop student's ability to perform a short distance pass whilst thinking about accuracy and power. Pass the ball over a variety of different distances. Students are taught to shoot using their laces. To play games including dribbling, passing and shooting.	Focus on swimming 25m front crawl using different breathing techniques. Develop breathing techniques relating to swimming speeds in front crawl. To use sculling to assist in floatation and movement in self-safety. To introduce the basic of breast stroke. To develop back and breast stroke. To look at different self-rescue techniques.	To understand the rules of basketball and explore different ways of moving with the ball effectively. Learn different techniques to dribble the ball with control. Learn a variety of different passes and tactics to use them in a game situation. To be able to shoot with control and accuracy. To use all skills learnt and put them into a game situation. To be able to plan and run a mini tournament.
Term 2	Dance	Tri-golf	Dance	Basketball	Dance	Football
	Pupils have introduction to learning basic actions and pupils learn how to improvise and copy basic movement patterns in partners. Learn to respond to a variety of stimuli, explore different ways to use movement to reflect stimulus. Practice their dance in groups trying to keep in unison. Learn different stage directions used in dances, Learn to express moods and feelings in dance to tell a story or convey an idea. Create	Become familiar with the golf course – holes, tees, water and the sand bunker. Learn underarm throwing and how this relates to tri-golf. Learn how to play golf without equipment. Learn the basic putting technique – focus on power and body positions. Learn how to use a putter in a game situation using a score card. Develop the fundamentals skills of chipping a golf ball. To use knowledge and skills within a full round of golf.	Learn how to be creative when exploring basic movement patterns using travel and floor patterns. Develop ways to respond to different stimuli using different directions, levels and dynamics. Work together in a group. Learn how using different stage directions in their dances can make them more creative and aesthetically pleasing. Develop use of formations in dance to make it more creative – learn to make formations flow in a smooth and controlled way	Familiarisation with the ball and to learn basic rules of basketball. Perform basic dribbling technique with control and accuracy. Introduce and understand where passing is used in basketball. Develop an understanding and knowledge of how to execute a successful set shot. To work as team to develop attacking and defending skills. Links skills in a game situations	Pupils have an introduction to learning how to adapt a basic motif in small groups. Learn to respond to a different piece of stimuli. Explore different ways to use movement to reflect the theme and they link movements in small groups. Learn different dance relationships used in dances. Learn how to use canon. Learn how to use formations in dance – how to flow into formation using different relationships.	Learn different techniques to dribble with the ball effectively. Learn a variety of different turns to change direction and use these in a game situation. Learn how to pass with control over a variety of different distances. Learn how to strike a ball with accuracy, Use tactics to attack and defend in different situations. Use skills learnt and put them into a game.

	scenarios to expand the storyline and expression. Create a clear beginning, middle and end using stillness. Pupils work in pairs to communicate ideas. Pupils learn basic performance skills and use these in their final dance.		using unison, canon and different levels. Learn to create a clear beginning, middle and end to routines by using stillness, different levels, directions and symmetrical shapes. Perform final dance.		Use partner balance to develop stillness ideas. Perform final dances.	
Term 3	Football	Multi skills	Hockey	Handball	Hockey	Netball
	Familiarisation of the ball – use feet to move around an area and the basic rules of football. Dribbling – learn the correct technique of how to dribble a ball Shirt passing – learn how to pass a ball over a short distance using the inside of the foot. Long passing – learn how much power is needed to pass a ball over a long distance and why a long pass is used. Shooting – learn how to strike a ball and the difference between passing and shooting. Link skills in a game situation.	Explore different ways to move on their own. Explore different ways to test their agility, Understand the importance of concentration when balancing. Understand how to incorporate fielding techniques with movement. Understand how to link movement patterns and dodging,	Understand basic rules of hockey and explore ways of using the stick to move the ball. Learn how to have control and turn quickly under pressure. Understand different passing techniques and focus on ball control. Understand what type of pass to use in different situations and be able to make a long pass. To be able to strike a ball on the move. Use skills learnt in a hockey game situation.	Recap the various handball passing and shooting techniques. Learn how to dribble and pass the ball in handball. Learn how to dribble and deceive an opponent in handball. Learn how to create a shooting opportunity in handball. Learn how to create a shooting opportunity in handball. Link skills in a game situation.	Develop different grips depending on the action needed. Dribble in all directions including reverse dribble. Passing on the move over different distances focusing on the different grips available. To try and outwit defenders using various dribbling and passing techniques in attack. Explore how to defend and not be outwitted. Use skills learnt in a game situation.	Learn how to turn in the air when landing using the correct footwork technique. Develop and refine shirt distance passing skills in a game situation. Develop long distance passing on the move and to be able to perform the correct passes in a game situation. Learn how to apply knowledge of dodging technique and moving forward into space to develop the centre pass. Learn how to select the correct type of defending technique in various game situations. Develop knowledge of rules in regards to the shooting technique.
Term 4	Gymnastics	Handball	Gymnastics	Netball	Gymnastics	Tag rugby
	Learn how to use their feet and hands to travel around the area. Learn how to create a variety of different shapes with their body, Learn how to jump effectively and safely and apply this in a routine. Learn how to perform a variety of different balances. Learn how to use small apparatus safely within a routine. Learn how to develop a gymnastics sequence, using shapes, balancing, jumping and travel.	Ball control and body positions. Learn different types of passes and knowing how to use them. Learn when to use the different passes in a game. To develop the variety of passes in a game. Different types of shooting in handball. Decide when to use certain passing and shooting techniques in a game	Explore ways of travelling across a bench using different levels, body parts and speeds. Explore matching and mirroring when performing shapes with a partner. Develop jumping technique by learning how to turn in mid-flight, Attempt a variety of partner balances exploring counter tension and counter balance techniques. Introduce fundamental skills required to perform a forward role. Perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus.	Develop understanding of the one-two footwork rule and pivot action. Understand the importance of short distance passing and moving into space. To attempt the shoulder pass and overhead pass on the move using signalling and communication with a game situation. Introduce basic attacking skills, creating space with the feint dodge technique. Introduce basic defending skills learning to intercept the ball whilst man to man marking. Learn to support a team member in their shooting technique and the basic starting positions.	To be able to perform shapes and balances with partners and incorporate them into a short sequence. To be able to perform counterbalances. Understand the principles behind effective jumping and build sequences that include this skill. To be able to perform inversion through a headstand. Learn how to perform basic vaults. To create and perform a routine using skills learnt.	Learn how to dodge and weave using speed and direction. Become familiar with a rugby ball, how to hold it and how to catch with 2 hands Learn how to use the correct technique to throw a rugby ball backwards down a line and whilst moving. Learn how to tag a player and learn the basic rules associated with tagging. Pupils learn how to pass and move towards a goal area, combing passing and running skills using and developing tactics. Learn how to work as a team communicating ideas and rules.
Term 5	Athletics	Cricket	Athletics	Tri-golf	Athletics	Rounders
	To develop understanding of running techniques. To continue to develop jumping for height. To continue to develop jumping for distance. To design an effective warm up and cool down. To continue to develop throwing for distance.	Learn and understand the basic fielding skills using the one handed underarm throwing technique. Learn the basic underarm bowling action and to introduce the role of the wicket keeper. Learn basic fielding skills catching a low ball. Fundamental fielding skills, running a batter/runner out by returning the ball to the wicket keeper. Learn the basic concepts of playing kwik cricket, Develop the basic concepts of playing a game.	Learn the correct technique for running a short distance at speed. Understand what the best technique to jump effectively is. Learn how to generate power in the push pass. Understand what pacing is and the importance of pacing when running long distances. Understand and perform the correct technique required to throw a foam javelin.	To focus on power and accuracy in putting and underarm throwing. Explore when and how to use the putter in a controlled manner, Develop using the chipper focussing on elevation of the ball. Learn how to choose shot selection to overcome obstacles Use skills learnt in a game situation.	Learn to run at speed and sprint starts, Learn to run whilst changing direction at speed, Take part in activities that improve the ability to jump at long distance. Learn the correct technique for throwing a shot putt. Take part in activities that help improve the ability to jump high	Learn how to perform a two handed and one handed catch when a partner feeds them a ball. Learn to consistently throw and catch with a partner at long distances under pressure. Pupils learn to strike a bowled ball. Learn running skills and experiment with the speed in which they run using fun modified games. Explore the bowling technique using a spin and target throwing. Learn the basic rules and positions and play modified games
Term 6	Rounders	Tennis	Rounders	Cricket	Cricket	Tennis
	Learn how to perform a two handed and one handed catch with the correct technique for striking and fielding games. Learn to link both throwing and catching as an introduction to a bowling technique - focus on aiming and accuracy skills. Learn to make a striking action and to make contact with a moving ball. Learn running skills and experiment with the speed and acceleration within modified games. Learn to chase the ball and how to pick the ball up whilst on the move, combining skills together to gain good fielding knowledge. Use of skills taught in a game situation	Learn to understand the similarities between throwing and rolling the ball underarm to the forehand shot. Take part in exercises which continue to develop their ability to play a forehand shot. Introduction of the volley shot. Develop skills to perform the volley shot – correct stance and racket facing up. Introduction of how to start a rally using a serve. Use skills learnt in a game situation,	Learn how to perform a two handed and one handed catch when a partner feeds the ball – a competitive game adds pressure to challenge ability. Learn to over arm throw and catch consistently with a partner at long distances. Learn to strike a bowled ball focussing on using power and strength. Batting techniques are introduced. Learn running skills and experiment with the speed in which they run using modified games Explore fielding techniques and test running and throwing skills. Learn basic rules and positions to play a game.	Learn how to field a ball and attack the stumps, Continue to develop fielding/ catching skills and returning the ball on the move, Basic batting skills, focusing on the hook shot. Develop batting and fielding skills in cricket, with over arm bowling. Play a game of cricket with the use of overarm bowling. Develop the knowledge of bowling and batting rules in a cricket games.	Learn the basic fielding skills whilst moving. Catching and receiving the ball on the move and throwing it at the correct wicket. Develop batting skills to be able to use the correct shot to hit the ball away from fielders. Development of batting and fielding skills in cricket with over arm bowling. Understand tactics of a game of cricket,	Learn the correct technique to perform the forehand shot whilst thinking about their court position following the shot. Perform the backhand shot whilst continuing to think about their position on the court, To understand where and how to perform the volley shot using the correct technique. Learn how to serve underarm and overarm in tennis. Continue to develop the serve and develop this into a rally. To perform the backhand, forehand, volley and serve into a tennis game.