

MJS PE Medium Term Plan Cycle 1 - Mixed Year Groups

2021-22	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 5 weeks	Summer 2 7 weeks
Year 5 & 6	Athletics	Invasion Games	Team Sports	Gymnastics	Health Related Fitness	Striking Sports
	Gymnastics	Handball & Basketball	Dodgeball	Athletics	Boxercise	Cricket & Rounders
Key Curriculum Content	• develop flexibility, strength, technique, control and balance • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • perform dances using a range of movement patterns	• play competitive games, modified where appropriate • apply basic principles suitable for attacking and defending • use running, jumping, throwing and catching in isolation and in combination	• play competitive games, modified where appropriate • apply basic principles suitable for attacking and defending • use running, jumping, throwing and catching in isolation and in combination	• use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance	• develop flexibility, strength, technique, control and balance	• play competitive games, modified where appropriate • apply basic principles suitable for attacking and defending
Knowledge and Skills	○ To show precision, control and fluidity in their movements. ○ To recognise when the work of others is like their own and explain why. ○ To prescribe a correct movement for another child.	○ To develop technical skills of a sport (e.g. dribbling, passing, scoring etc.) ○ To develop spatial awareness ○ To identify tactics to apply to sports ○ To show a respectful manner towards peers when taking part in an activity. ○ To lead scoring and officiating for an activity.	○ To understand and effectively demonstrate teamwork and cooperation ○ To show the characteristics of leadership ○ To display the qualities of sportsmanship ○ To show how to handle pressure. ○ To demonstrate effective	○ To understand to principles of sport (strength, power, endurance, speed, coordination, flexibility, agility and balance) ○ To analyse and explain why specific skills and techniques are helpful.	○ To understand the ways which exercise effects the body ○ To identify the effect exercise has on the pulse rate and use this to predict a level of fitness. ○ To understand the dangers of muscle exercise	○ Can prescribe individual tactics to affect a team activity. ○ To identify tactics for a team. ○ To confidently lead a warm-up activity.

			communication skills. ○ To identify simple tactics to apply to a whole team ○ To identify	○ To apply skills, techniques and ideas consistently. ○ To identify the correct technique for a sporting movement	if not prepared properly. ○ To describe how muscles get stronger ○ To identify the importance of certain foods to help with activities.	
Key Questions	○ How similar or dissimilar are two pieces of work? ○ How would you help ... improve their routine? ○ What improvements could you make to your own routine?	○ How would a defender differ from an attacker in this game? ○ What technical abilities do you think are more important to attacking/defending?	○ What is important for effective teamwork? ○ How could you be a good leader? ○ What makes a good competitor? ○ What technique could you use to help with pressure?	○ Can you explain the difference between strength and power? ○ What advice would you give to someone doing ... activity?	○ How do you think x activity would affect you compared to y activity? ○ How can pulse rate be used to identify fitness? ○ Are there any drawbacks or criticisms of using pulse rate? How could you improve the accuracy? ○ What injuries can occur if athletes do not properly warm up or cooldown? ○ How can certain food groups impact on sport?	○ How could you help a striker/fielder improve their game? ○ What makes an effective warm-up?

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Year 3 & 4	Athletics	Invasion Games	Team Sports	Gymnastics	Health Related Fitness	Striking Sports
	Gymnastics	Handball & Basketball	Dodgeball	Athletics	Boxercise	Cricket & Rounders
Key Curriculum Content	- develop flexibility, strength, technique, control and balance - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - perform dances using a range of movement patterns	- play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, throwing and catching in isolation and in combination	- play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, throwing and catching in isolation and in combination	- use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance	develop flexibility, strength, technique, control and balance	- play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending
Knowledge and Skills	- To develop the ABC's of sporting movement - To recognise when the work of others is like their own.	- To learn technical skills of a sport (e.g. dribbling, passing, scoring etc.) - To show understanding of spatial awareness - To identify what a tactic is - To show care towards each other and equipment. - To lead scoring	- To encourage others during an activity - To congratulate opposing teams. - To show behaviour to make activities fun - To identify tactics to apply in an activity as a team.	- To understand why different techniques are more/less helpful - To begin to apply techniques. - Can describe the ABC's of sporting movement (agility, balance and coordination)	- To Identify basic muscle groups - To identify that muscles and bones help us move - To identify the way foods & exercise can affect us.	- To confidently lead scoring - To develop coordination and spatial awareness.
Key Questions	How is your work like x or y?	How could you track the scoring in a game?	How could you encourage your teammates?	How would movements in a	Which part of the body is the bicep etc?	How could you track a

	○ How have your ABC skills helped in your performance?	○ How could your team do different roles to work best?	○ Why is it important to congratulate people you are playing against? ○	○ race be different from a chest push? ○ Why would the ABC's help in competitions?	○ Where is your shinbone etc? ○ What foods might help you when training?	○ score during an activity? ○ How could a fielder's role be different to a batter?
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