



Mid Term Plan – Key Stage 2 Year 3&4–PE – Food and Festivals

	Week 1	Week 2	Week 3	Week 4	Week 5
Physical Education	<p>Objective: To develop flexibility, strength and sport technique</p> <p>Support: I can explore a variety of movements and show some awareness of space S4</p> <p>Core: I can use small apparatus and equipment independently with some basic control. I can throw or kick a ball, but lack direction. S7</p> <p>Extension: I can select and use skills, actions and ideas appropriately, with guidance S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities:</p> <p>Balancing and moving with different sized balls, exploring space. Catching large ball using skill tech. Patting and hitting the ball in control. Rolling and overtaking the ball. Rolling a ball at a target. Use hoops in various ways in combination with balls. Throw ball with accuracy from distance. Perform an individual game using apparatus. (ball, hoop)</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To develop flexibility, strength and sport technique</p> <p>Support: I can explore a variety of movements and show some awareness of space S4</p> <p>Core: I can use small apparatus and equipment independently with some basic control. I can throw or kick a ball, but lack direction. S7</p> <p>Extension: I can select and use skills, actions and ideas appropriately, with guidance S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities:</p> <p>Balancing and moving with different sized balls, exploring space. Catching large ball using skill tech. Patting and hitting the ball in control. Rolling and overtaking the ball. Rolling a ball at a target. Use hoops in various ways in combination with balls. Throw ball with accuracy from distance. Perform an individual game using apparatus. (ball, hoop)</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To develop flexibility, strength and sport technique</p> <p>Support: I can explore a variety of movements and show some awareness of space S4</p> <p>Core: I can use small apparatus and equipment independently with some basic control. I can throw or kick a ball, but lack direction. S7</p> <p>Extension: I can select and use skills, actions and ideas appropriately, with guidance S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities:</p> <p>Balancing and moving with different sized balls, exploring space. Catching large ball using skill tech. Patting and hitting the ball in control. Rolling and overtaking the ball. Rolling a ball at a target. Use hoops in various ways in combination with balls. Throw ball with accuracy from distance. Perform an individual game using apparatus. (ball, hoop)</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To develop flexibility, strength and sport technique</p> <p>Support: I can explore a variety of movements and show some awareness of space S4</p> <p>Core: I can use small apparatus and equipment independently with some basic control. I can throw or kick a ball, but lack direction. S7</p> <p>Extension: I can select and use skills, actions and ideas appropriately, with guidance S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities:</p> <p>Balancing and moving with different sized balls, exploring space. Catching large ball using skill tech. Patting and hitting the ball in control. Rolling and overtaking the ball. Rolling a ball at a target. Use hoops in various ways in combination with balls. Throw ball with accuracy from distance. Perform an individual game using apparatus. (ball, hoop)</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6</p> <p>I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8</p> <p>They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11</p> <p>They can respond to feedback from an adult to improve their performance. S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities:</p> <p>- experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?v=jJ8iUKTUI-s</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>



Churchill Park School

Mid Term Plan – Key Stage 2 Year 3&4–PE – Food and Festivals

Week 6	Week 7	Week 8	Week 9	Week 10
<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles-collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: - experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?v=jJ8iUKTUI-s</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles-collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: - experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?v=jJ8iUKTUI-s</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles-collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: - experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?annotation_id=annotation_3975261145&feature=iv&src_vid=t6PmB6tMBOc&v=BAFlnQ26pc0</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles-collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: - experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?annotation_id=annotation_3975261145&feature=iv&src_vid=t6PmB6tMBOc&v=BAFlnQ26pc0</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles-collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: - experimenting 4 different ways of travelling – Run, Walk, Skip, Gallop - use of different travelling actions for the pathways - creep, march, slide etc. Use stillness in the sequence to emphasise the body shape being performed when travelling. -learning simple dancing routines https://www.youtube.com/watch?annotation_id=annotation_3975261145&feature=iv&src_vid=t6PmB6tMBOc&v=BAFlnQ26pc0</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>



Mid Term Plan – Key Stage 2 Year 3&4–PE – Food and Festivals

Week 11	Week 12	Week 13	Week 14	Suggested Home Learning
<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: -dancing with various different props: flags, scarfs, different sizes of material, ribbons, pom poms,etc.</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: -dancing with various different props: flags, scarfs, different sizes of material, ribbons, pom poms,etc.</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns Flamenco</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: -learning simple Flamenco dance routines, free dancing to flamenco music</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>Objective: To perform dances using a range of movement patterns</p> <p>Support: I can move in a variety of ways. For example slowly and quickly. S6 I can change direction in my body's movements.S6</p> <p>Core: They follow and imitate sequences and patterns in their movements. S8 They copy, remember, repeat and explore simple actions with control and coordination. S9</p> <p>Extension: They understand how to exercise safely, and describe how their bodies feel during different activities. S11 They can respond to feedback from an adult to improve theirperformance. S11</p> <p>Using IT: creating personal sport profiles- collecting pictures of students joining in different competitive games,</p> <p>Suggested Activities: -learning simple Flamenco dance routines, free dancing to flamenco music</p> <p>LOtC: sport activities indoor and outdoors, watching sport games and competitions on TV</p> <p>SMSC: SMSC: respecting fair play rules in sport, helping others, following instructions, taking turns, sharing sport equipment</p>	<p>sport activities indoor and outdoor, walks,bike and hiking trips, exploring active playgrounds in the local community, dance video game activities- Just Dance game</p>



PE2/1.2 Swimming and water safety

*All schools must provide swimming instruction **either** in key stage 1 or key stage 2.*

In particular, pupils should be taught to:

PE2/1.2a swim competently, confidently and proficiently over a distance of at least 25 metres

PE2/1.2b use [a range of strokes](#) effectively

PE2/1.2c perform safe self-rescue in different water-based situations.