

PE – Medium Term Planning YEAR 1/2 (2025- 26) A

(Year 1 pupils to aim for bronze/silver – Year 2 pupils to aim for silver/gold)

Each ½ term a total of 2 units must be delivered (each unit is approximately 10 hrs)

Year 1/2 2025-26 (A)	
Autumn 1.1 - Unit: Locomotion 2	
Know	1)Knows what success looks like for themselves and others /2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others
Show	1)Can run, hop, jump and balance with control /2)Uses space and awareness within their performance 3)Shows increasing understanding of different ways of doing things (techniques)
Grow	1)Applies basic skills in a range of physical activities and games/ 2)Shows awareness of rules and boundaries during the activity / event 3)Is physically confident and makes a purposeful contribution
Autumn 1.1 - Unit: Fundamental Movement Skills 2	
Know	as above
Show	
Grow	
Autumn 1.2 - Unit: Gymnastics - Wide, narrow & curled rolling & balancing	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Understands the need to repeat actions to improve their performance 3)Can take teacher feedback to improve their own performance
Show	1)Demonstrates basic agility, balance and coordination/ 2)Shows creativity in performing actions and sequences 3)Has variety in their starting and finishing positions
Grow	1)Grow in confidence by attempting new activities in PE/ 2)Students will understand how outside of PE being active can make them healthier and happier/ 3)Students will know why good posture and balance are important in everyday life
Autumn 1.2 - Unit: Gymnastics - Balancing & spinning on Points & Patches	
Know	as above
Show	
Grow	

Spring 1.1 - Unit: Object Control 2	
Know	1)Knows what success looks like for themselves and others/ 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others
Show	1)Shows basic control of a ball with both their hands and feet /2)Sends and receives a ball / object in a desired direction using the correct technique /3)Can negotiate space and is aware of their surroundings and positions of others
Grow	1)Applies basic skills in a range of physical activities and games / 2)Shows awareness of rules and boundaries during the activity / event 3)Is physically confident and makes a purposeful contribution
Spring 1.1 - Unit: Dance - Animals	
Know	1)To create a solo based on action words, interpreting the ideas in their own way /2)Remember and perform a simple sequence of movement 3)Can contribute key word to help create a theme related mind map/ 4)Develop teamwork skills by working in groups and copying actions 5)Translate words / ideas into shapes, movement and action /6)To learn a dance as a class, performing movements in the correct order
Show	1)Can experiment with travelling dances and creating their own movements/ 2)To develop stillness and balance skills 3)Demonstrate a range of movement qualities with the body/ 4)Show good listening skills/ 5)Travel safely and creatively in space/ 6)Show different levels when they travel
Grow	1)Share ideas and create movement ideas/ 2)Contribute with others to create a group sequence /3)To want and support others to rehearse and refine /4)Perform the dance to the best of their ability without distraction /5)Give useful feedback to their partner using age appropriate language /6)To improve their own perform based on both teacher and peer feedback
Spring 2.1 - Unit: Personal Challenge	
Know Show Grow	refer to outcomes linked to lesson plans (children discuss and identify personal challenges)
Spring 2.1 - Unit: Target Games 2	
Know	1)Begins to demonstrate taking the lead in activities and games/ 2)Can communicate effectively and work well with others 3)Knows what success looks like for themselves and others
Show	1)Can kick, punt and volley ball towards a set target/ 2)Can strike a stationary object in a desired direction 3)Can throw objects at a set target, selecting the correct technique with support from the teacher
Grow	1)Applies basic skills in a range of physical activities and games/ 2)Is physically confident and makes a purposeful contribution 3)Shows awareness of rules and boundaries during the activity
Summer 3.1 - Unit: Net & Wall Game Skills 2	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Understands the need to repeat actions to improve their performance

	3)Can take teacher feedback to improve their own performance
Show	1)Can demonstrate a good 'ready' position and get in line with the ball / object/ 2)Changes body positions depending on the pace and flight of the ball / object/ 3)Begins to control the area of their return
Grow	1)Grow in confidence by attempting new activities in PE/ 2)Students will understand how outside of PE being active can make them healthier and happier/ 3)Students will know why good posture and balance are important in everyday life
Summer 3.1 - Unit: Invasion Games Skills 1	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Can work alongside other's using their individual skills to contribute to a team / 3)Can take teacher feedback to improve their own performance
Show	1)Can send and receive a ball / object with control / 2)Moves with control when dribbling a ball and can stop on command 3)Can link a series of actions to progress their play
Grow	1)Grow in confidence by attempting new activities in PE./ 2)Students will understand how outside of PE being active can make them healthier and happier/ 3)Students will know why good posture and balance are important in everyday life
Summer 3.2 - Unit: Fundamental Movement Skills 3	
Know	1)Knows what success looks like for themselves and others / 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others
Show	1)Can run, hop, jump and balance with control / 2)Uses space and awareness within their performance 3)Shows increasing understanding of different ways of doing things (techniques)
Grow	1)Applies basic skills in a range of physical activities and games / 2)Shows awareness of rules and boundaries during the activity / event 3)Is physically confident and makes a purposeful contribution
Summer 3.2 - Unit: Invasion Game skills 1	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Can work alongside other's using their individual skills to contribute to a team / 3)Can take teacher feedback to improve their own performance
Show	1)Can send and receive a ball / object with control / 2)Moves with control when dribbling a ball and can stop on command 3)Can link a series of actions to progress their play
Grow	1)Grow in confidence by attempting new activities in PE./ 2)Students will understand how outside of PE being active can make them healthier and happier/ 3)Students will know why good posture and balance are important in everyday life