



# St Mark's C of E Primary School: Medium Term Planning

## PE: Cycle B Summer Term

### Reception Summer 1

#### Unit Focus: Games Unit 2

**Rationale:** This unit will be a link to the Games – Unit 1 that children may have completed if they attended St. Mark's nursery. For those children that did not attend the nursery, this unit will provide them with the basic skills that are built upon and used throughout their education. Completing this unit will allow children to be prepared for the next unit and develop these skills further.

**EYFS**

- Negotiate space and obstacles safely, with consideration for themselves and others.

**Objectives:**

- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

	Learning Objective What is being learned rather than what is being done	Resources <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	End-point knowledge What knowledge should children have gained by the end of the lesson? This will be the focus of retrieval. <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: To aim when throwing and practice keeping score.</b>	<ul style="list-style-type: none"> <li>- Activity skittles</li> <li>- Bean bags</li> <li>- Cones</li> <li>- Cricket wickets</li> <li>- Hoops</li> <li>- Balls</li> <li>- Tennis balls</li> <li>- Polar circuit document</li> <li>- Polar scene document</li> </ul>	<b>Vocabulary:</b> Space, score
2	<b>LO: To follow instructions and move safely when playing tagging games.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Tennis balls</li> <li>- Rainforest audio</li> <li>- Rainforest creatures document</li> </ul>	<b>Vocabulary:</b> Space, safely, tagging

3	<b>LO: To learn to play against a partner.</b>	<ul style="list-style-type: none"> <li>- Bean bags</li> <li>- Cones</li> <li>- Hoops</li> <li>- Australian scene document</li> </ul>	<b>Vocabulary:</b> Space, partner
4	<b>LO: To develop coordination and play by the rules.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Hoops</li> <li>- Tennis balls</li> <li>- Wild west scene document</li> </ul>	<b>Vocabulary:</b> Coordination, rules
5	<b>LO: To explore striking a ball and keeping score.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Small sponge balls</li> <li>- Tennis rackets</li> <li>- India audio</li> </ul>	<b>Vocabulary:</b> Striking, score
6	<b>LO: To work co-operatively as a team.</b>	<ul style="list-style-type: none"> <li>- Bean bags</li> <li>- Benches</li> <li>- Cones</li> <li>- Far east scene document</li> </ul>	<b>Vocabulary:</b> Cooperatively, team

## Reception Summer 2

### Unit Focus: Ball Skills – Unit 2

**Rationale:** This unit will be a link to the Ball Skills – Unit 1 that children may have completed if they attended St. Mark’s nursery. For those children that did not attend the nursery, this unit will provide them with the basic skills that are built upon and used throughout their education. Completing this unit will allow children to be prepared for the next unit and develop these skills further.

**EYFS**

- Negotiate space and obstacles safely, with consideration for themselves and others.

**Objectives:**

- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

	Learning Objective What is being learned rather than what is being done	Resources <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	End-point knowledge What knowledge should children have gained by the end of the lesson? This will be the focus of retrieval. <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: To develop rolling and tracking a ball.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Scarf</li> <li>- Tennis balls</li> <li>- Windy weather audio</li> </ul>	<b>Vocabulary:</b> Rolling, tracking
2	<b>LO: To develop accuracy when throwing to a target.</b>	<ul style="list-style-type: none"> <li>- Bean bags</li> <li>- Cones</li> <li>- Cricket wickets</li> <li>- Hoops</li> <li>- Metal skittles and plastic canes</li> <li>- Tennis balls</li> <li>- Falling snow audio</li> <li>- Snow scene document</li> </ul>	<b>Vocabulary:</b> Accuracy, target
3	<b>LO: To develop dribbling with hands.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Balls</li> <li>- Storm scene document</li> </ul>	<b>Vocabulary:</b> Dribbling
4	<b>LO: To develop throwing and catching with a partner.</b>	<ul style="list-style-type: none"> <li>- Hoops</li> <li>- Balls</li> <li>- Rainy days audio</li> </ul>	<b>Vocabulary:</b> Throwing, catching, partner
5	<b>LO: To develop dribbling a ball with your feet.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Playground balls</li> </ul>	<b>Vocabulary:</b> Dribbling

6	<b>LO: To develop kicking a ball to a target.</b>	<ul style="list-style-type: none"><li>- Cones</li><li>- Playground ball</li><li>- Foggy days document</li></ul>	<b>Vocabulary:</b> Kicking, target
---	---	---	---------------------------------------

## KS1 Summer 1

### Unit Focus: Striking and Fielding (Year 1)

#### Rationale:

During this unit, children will be introduced to new skills and vocabulary that they may not have been previously been exposed to during their learning. This unit will develop the children's understanding of the principle of team games, in a context which they may be unfamiliar with as they may not have had the opportunity to take part in activities or games related to striking and fielding.

- NC Objectives:**
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
  - Participate in team games, developing simple tactics for attacking and defending

	Learning Objective What is being learned rather than what is being done	Resources <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	End-point knowledge What knowledge should children have gained by the end of the lesson? This will be the focus of retrieval. <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: To develop underarm throwing and catching.</b>	<ul style="list-style-type: none"> <li>- Bean bags</li> <li>- Balls</li> <li>- Tennis balls</li> <li>- Underarm throw video</li> </ul>	<b>Vocabulary:</b> Underarm, striking and fielding games, throwing, catching
2	<b>LO: To develop overarm throwing.</b>	<ul style="list-style-type: none"> <li>- Bean bags</li> <li>- Cones</li> <li>- Overarm throw video</li> </ul>	<b>Vocabulary:</b> Overarm, fielders, batters
3	<b>LO: To develop hitting a ball.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Small sponge balls</li> <li>- Tennis rackets</li> </ul>	<b>Vocabulary:</b> Fielders, batters, hitting
4	<b>LO: To develop collecting a ball.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Tennis balls</li> <li>- Tennis rackets</li> <li>- Retrieve a ball video</li> </ul>	<b>Vocabulary:</b> Fielders, batters, collect
5	<b>LO: To learn how to get a batter out.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Tennis balls</li> <li>- Tennis rackets</li> </ul>	<b>Vocabulary:</b> Fielders, batters, out

6	<b>LO: To play games and understand how to score points.</b>	<ul style="list-style-type: none"><li>- Bean bags</li><li>- Cones</li><li>- Hoops</li><li>- Tennis balls</li><li>- Tennis rackets</li></ul>	<b>Vocabulary:</b> Fielders, batters, out
---	--	---	--

## KS1 Summer 2

### Unit Focus: Athletics (Own unit, not Get Set 4 PE)

**Rationale:** In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.

- NC Objectives:**
- Use running, jumping and throwing in isolation and in combination.
  - Develop flexibility, strength, technique, control and balance.

	Learning Objective What is being learned rather than what is being done	Resources <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	End-point knowledge What knowledge should children have gained by the end of the lesson? This will be the focus of retrieval. <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: Javelin: To develop throwing for distance and accuracy.</b>	- Javelins	<b>Vocabulary:</b> Stance, power, target, distance, accuracy.  <b>End-point knowledge:</b> - Step forward as you throw to create power. - Transfer your weight from your back to your front leg.
2	<b>LO: Archery: To develop aiming at a target and generating tension in the bow.</b>	- Bows - Target boards	<b>Vocabulary:</b> Stance, target, tension, bow, balance.  <b>End-point knowledge:</b> - Begin with a straight arm - Aim accurately at a target - Pull back to create tension in the bow
3	<b>LO: 100m/Relay: To develop speed and stamina, and an understanding of speed and pace in relation to distance.</b>	- Batons	<b>Vocabulary:</b> Standing start, low start, stance, position, stride.  <b>End-point knowledge:</b> - Run at a pace that you can maintain - Run faster at the end of the race - Run with fluency and coordination alternating your arms and legs

			- Be prepare to hand over the baton mid-run
4	<b>LO: Hurdles: To develop technique when jumping mid-run.</b>	- Hurdles of various sizes	<b>Vocabulary:</b> Speed, tuck in, maintain.  <b>End-point knowledge:</b> - Jump with control and balance - Keep looking straight ahead when you jump
5	<b>LO: Recap/Sports day preparation and run through.</b>	- Javelins - Bows - Target boards - Batons - Hurdles of various sizes	<b>End-point knowledge:</b> This lesson is a recap/revision of the whole unit in preparation for Sports Day.

## LKS2

**LKS2 classes will have completed either all 4 GetSet4PE units and the last class will be swimming for during the Summer term, or the classes will be completing the units they missed out on during their time swimming. These can be found on the Spring MTP and Autumn MTP**

## UKS2 Summer 1

**LOVING, GROWING and SUCCEEDING TOGETHER**

**Unit Focus: Netball (Year 5/6)**

**Rationale:** In this unit, children will explore and develop their own personal strength and skills that may have been a focus in previous units. Children will revisit and build upon their knowledge of principles and tactics of defending and attacking, while also recapping the importance of being fair and abiding by the rules in a competitive game.

- NC Objectives:**
- Use running, jumping, throwing and catching in isolation and in combination
  - Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
  - Develop flexibility, **strength, technique, control** and balance [for example, through athletics and gymnastics]

	<b>Learning Objective</b> What is being learned rather than what is being done	<b>Resources</b> <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	<b>End-point knowledge</b> What knowledge should children have gained by the end of the lesson – this will be the focus of retrieval <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: To develop passing and moving to maintain possession.</b>	<ul style="list-style-type: none"> <li>- Netballs</li> <li>- Bounce pass video</li> <li>- Chest pass video</li> <li>- Landing and pivot video</li> <li>- Netball rules document</li> <li>- Shoulder pass video</li> <li>- Stretches for games document</li> </ul>	<b>Vocabulary:</b> Invasion, attack, defence, possession
2	<b>LO: To use a variety of attacking skills to lose a defender.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Netballs</li> <li>- Netball rules document</li> <li>- Stretches for games document</li> </ul>	<b>Vocabulary:</b> Defender, attacker, possession
3	<b>LO: To move into and create space to support a teammate.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Hoops</li> <li>- Netballs</li> <li>- Netball rules document</li> <li>- Stretches for games document</li> </ul>	<b>Vocabulary:</b> Space, attacker, defender, support
4	<b>LO: To use defending skills to gain possession.</b>	<ul style="list-style-type: none"> <li>- Base stations</li> <li>- Netballs</li> <li>- Team bands/bibs</li> <li>- Netball rules document</li> <li>- Stretches for games document</li> </ul>	<b>Vocabulary:</b> Defend/defensive, invasion, attacker, possession

5	<b>LO: To develop accuracy in the shooting action under pressure.</b>	<ul style="list-style-type: none"> <li>- Base stations</li> <li>- Cones</li> <li>- Netballs</li> <li>- Netball posts</li> <li>- Team bands/bibs</li> <li>- Netball rules document</li> <li>- Netball shooting document</li> <li>- One handed netball shot video</li> <li>- Stretches for games document</li> <li>- Two handed netball shot video</li> </ul>	<b>Vocabulary:</b> Attacking, shoot, accuracy, pressure
6	<b>LO: To use and apply skills, principles and tactics to a game situation.</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Netballs</li> <li>- Netball posts</li> <li>- Team bands/bibs</li> <li>- Netball umpiring card document</li> <li>- Netball umpiring card simplified document</li> <li>- Stretches for games document</li> </ul>	<b>Vocabulary:</b> Attacker, defender, possession, tactics, principles

## UKS2 Spring 2

### Unit Focus: Athletics (Own unit, not Get Set 4 PE)

**Rationale:** In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.

- NC Objectives:**
- Use running, jumping and throwing in isolation and in combination.
  - Develop flexibility, strength, technique, control and balance.

	Learning Objective What is being learned rather than what is being done	Resources <i>Any documents or audio listed as resources can be found on the Get Set 4 PE website.</i>	End-point knowledge What knowledge should children have gained by the end of the lesson – this will be the focus of retrieval <i>See Success Criteria on Get Set 4 PE Lesson Plans</i>
1	<b>LO: Javelin: To develop throwing for distance and accuracy.</b>	- Javelins	<p><b>Vocabulary:</b> Stance, power, target, distance, accuracy.</p> <p><b>End-point knowledge:</b></p> <ul style="list-style-type: none"> <li>- Step forward as you throw to create power.</li> <li>- Transfer your weight from your back to your front leg.</li> </ul>
2	<b>LO: Archery: To develop aiming at a target and generating tension in the bow.</b>	- Bows - Target boards	<p><b>Vocabulary:</b> Stance, target, tension, bow, balance.</p> <p><b>End-point knowledge:</b></p> <ul style="list-style-type: none"> <li>- Begin with a straight arm</li> <li>- Aim accurately at a target</li> <li>- Pull back to create tension in the bow</li> </ul>
3	<b>LO: 100m/Relay: To develop speed and stamina, and an understanding of speed and pace in relation to distance.</b>	- Batons	<p><b>Vocabulary:</b> Standing start, low start, stance, position, stride.</p> <p><b>End-point knowledge:</b></p> <ul style="list-style-type: none"> <li>- Run at a pace that you can maintain</li> <li>- Run faster at the end of the race</li> <li>- Run with fluency and coordination alternating your arms and legs</li> </ul>

			- Be prepare to hand over the baton mid-run
4	<b>LO: Hurdles: To develop technique when jumping mid-run.</b>	- Hurdles of various sizes	<b>Vocabulary:</b> Speed, tuck in, maintain.  <b>End-point knowledge:</b> - Jump with control and balance - Keep looking straight ahead when you jump
5	<b>LO: Recap/Sports day preparation and run through.</b>	- Javelins - Bows - Target boards - Batons - Hurdles of various sizes	<b>End-point knowledge:</b> This lesson is a recap/revision of the whole unit in preparation for Sports Day.