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| updated logo Squirrels Class Medium Term Planning for **PE Autumn Term 2 2022** | |
| **Dance**   * Movement * Cooperation | PE will be developed in weekly sessions, as well as swimming sessions. Our playtimes and active learning throughout the school day will also contribute to my 2 hours per week.  There will be specific planned opportunities to support the children’s progress and may be altered to suit the needs of the children during the term. |

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| **Lesson 1 - Link it.**  **How do we dance?**  Exploration of familiar music with clear rhythms.  Sharing dance moves and actions we already know.  This session could link to Bonfire Night / fireworks. | **Lesson 2 - Learn it**  **Rhythm and Movement**  Share and copy simple dance moves, initially modelled by adults. | **Lesson 3 – Check It**  **Linking Movements**  Recap on dance moves we have learnt. Apply these to rhythms in songs we like. | **Lesson 4 – Show it.**  **Linking Movements**  Link some moves together to make simple sequences. This could be in a group or individually, depending on class dynamics. | **Lesson 5 – Know It**  **Performance**  Children to take part in a dance performance.  This could be for a Christmas Show. |

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills) |
| **EYFS – Reception**  Develop overall body-strength, balance, co‑ordination and agility.  Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.  Combine different movements with ease and fluency.  Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.  **KS1**   * Pupils should be taught to perform dances using simple movement patterns. | **EYFS**  a range of different movements together.  Change the speed of their actions.  Change the style of their movements.  Create a short movement phrase which demonstrates their own ideas.  Control my body when performing a sequence of movements.  Talk about what they have done.  Talk about what others have done.  **Year 1**  Copy and repeat actions.  Put a sequence of actions together to create a motif.  Vary the speed of their actions.  Use simple choreographic devices such as unison, canon and mirroring.  Begin to improvise independently to create a simple dance.  Perform using a range of actions and body parts with some coordination.  Begin to perform learnt skills with some control. |

**Progression of Learning**

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| ‘Link It’ | ‘Learn It’ | ‘Check It’ | ‘Show It’ | ‘Know It’ |
| Exploration of familiar music, rhythms, movements | Sharing and copying simple movements | Recap and apply to music | Link movements into a sequence | Take part in a dance performance. |