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| updated logo Squirrels Class Medium Term Planning for **PE Spring Term 1 2024** |
| **Gymnastics****Key vocabulary:*** Control
* Position
 | 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.****Static Shapes and Balances**Exploration of how our bodies move. Children to create static shapes with their bodies.Example: Straight, pike, tuck, straddle, star, dish, arch, front support, back support, L shape, T shape, Y shape | **Lesson 2 - Learn it****Jumps**Children to practice a range of gymnastics jumps.Example: Star jump, tuck jump, half turn jump, straight jump, leap, hop, bunny-hop, frog jump | **Lesson 3 - Learn it****Rolls**Children to practice a range of gymnastics rolls.Example: Roll on back, egg roll, teddy bear roll, pencil roll, dish roll | **Lesson 4 – Show it****Sequences**Link moves into sequences including static shapes, jumps and rolls.**Apparatus**Extend our sequences by using equipment.For example: climb onto horse, star shape, tuck jump, pencil roll | **Lesson 5 – Know it****Performance**Children to perform a sequence they are confident with. These can be recorded using ICT to share. |

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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 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 | **EYFS**Standing balancesCurled side roll (egg roll) Log roll (pencil roll) Teddy bear rollStraight jump Tuck jump Jumping jack Half turn jumpBunny hopCreate a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. Move around, under, over, and through different objects and equipment**Year 1**Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapesLog roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)Straight jump Tuck jump Jumping jack Half turn jump Cat springStraight jump off springboardBunny hopFront support wheelbarrow with partnerCreate and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care. |

**Progression of Learning**

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| ‘Link It’  | ‘Learn It’ | ‘Check It’  | ‘Show It’ | ‘Know It’ |
| Exploring our bodiesFocus on static shapes | Gymnastic rolls and jumps | Sequences | Extension using apparatus | Performing sequences  |