|  |
| --- |
| updated logo Squirrels Class Medium Term Planning for **PE Spring Term 2 2024** |
| **Yoga**Key vocabulary:* Space
* Reach
 | 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.  |

|  |
| --- |
| **Lesson 1-5****Static Shapes and Balances**Recap on our gymnastics movements and practice engaging key muscles and core strength. Build our strength and stamina throughout the half term by engaging in Yoga stories. PSHE link – how do we feel before , during and after our Yoga sessions? |

|  |  |
| --- | --- |
| 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 balancesCreate a short sequence of movements. Stretch in different ways. Begin to balance with control. **Year 1**Standing balances Kneeling balances Front 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). Hold still shapes and simple balances. Carry out simple stretches. Begin to move with control and care. |