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| 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. |

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| **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? |

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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 balances  Create a short sequence of movements.  Stretch in different ways.  Begin to balance with control.  **Year 1**  Standing balances  Kneeling balances  Front support wheelbarrow with partner  Create 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. |