

Medium Term Plan – PE – Gymnastics movement/dance - rainforest



Lesson	National Curriculum links	Objective	Substantive knowledge	Disciplinary knowledge	Specific Vocabulary	Activities and resources
4/1	Develop flexibility, strength, technique, control and balance through jumping	To perform a range of jumps accurately	Shape body correctly Explain body shape Take off and land safely	How to jump with control	Straddle jump, pike, straight jump, cat leap	Hoop jump Stretch Practise jump shape
8/1	Develop flexibility, strength, technique, control and balance	To accurately perform balances	Shape body correctly, Base of balance Improving technique	To balance safely and with control	Balance, safely, support, control	Recap balance Be creative reflect
15/1	Develop flexibility, strength, technique, control and balance Understand the effects of exercise on the body	To link balances and jumps with locomotion	Series of jumps and balances Use learnt techniques Heart rate	Be able to link movements	Safety, jump, balance, locomotion	Effective jumps and balances. How we can link these
22/1	Develop flexibility, strength, technique, control and balance Understand the effects of exercise on the body	To create a sequence using different levels and pathways	Explore movements Create a sequence Partner work	The impact of exercise on our bodies	Pathways, levels, sequence, hydration	Recap balance and jumps Ways of moving Create a short sequence
29/1	Develop flexibility, strength, technique, control and balance Understand the effects of exercise on the body	To perform a sequence with control and accuracy	Practise sequence from previous session Evaluate and improve/refine perform	How exercise affects our mood	Pathways, levels, sequence, reflect	How to construct a sequence Improve control perform
5/2	SWIMMING					
12/2	HALF TERM					
19/2	SWIMMING					
26/2	SWIMMING					

4/3	To perform dances using a range of movement patterns	To create a short dance inspired by rainforests	Think about movements to represent the layers of the rainforest	How to use different levels in dance	Layers, level, sequence movement	Explore levels and movements How to join together
11/3	To perform dances using a range of movement patterns	To adapt movements to the length of a dance	Create movement patterns inspired by the weather	Be able to adapt movements to time	Improvise Movement phrase	Explore how to adapt movements to lengthen/shorten a sequence
18/3	To perform dances using a range of movement patterns					