



Thames View Infants PE Scheme of Work – Overview and Medium Term Plans

Year 1 – Term 2a

Dance		Keywords & Phrases	
<p>Learning Objectives</p> <p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To explore movement ideas and respond imaginatively to a range of stimuli To move confidently and safely in their own and general space, using changes of speed, direction and level <p>Selecting and applying</p> <ul style="list-style-type: none"> To compose and link movement phrases to make simple dances with clear beginnings, middles and ends To perform movement phrases using a range of body actions and body parts <p>K & U</p> <ul style="list-style-type: none"> To recognise how their body feels when still and when exercising <p>Evaluating and improving</p> <ul style="list-style-type: none"> To talk about dance ideas inspired by different stimuli To copy, watch and describe dance movement 	<p>Activities</p> <p>Rawmarsh</p> <p>Dance Unit Year 1 (Lessons 7 - 12)</p>	<p>Actions</p> <ul style="list-style-type: none"> travel balance jump rock; roll slide <p>Dynamics</p> <ul style="list-style-type: none"> high; low wide; narrow sideways big and small space <p>Body Parts</p> <ul style="list-style-type: none"> foreleg; forearm head hips 	<p>Space</p> <ul style="list-style-type: none"> big; small long; short towards; away from across; through; under <p>Others</p> <ul style="list-style-type: none"> pattern describe different ways to choose link together remember repeat tense relax warm up beginning; middle; end



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Gymnastics		Keywords & Phrases	
Learning Objectives	Activities		
<p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To explore gymnastic actions and still shapes To move confidently and safely in their own and general space, using changes of speed, level and direction <p>Selecting and applying</p> <ul style="list-style-type: none"> To copy or create and link movement phrases with beginnings, middles and ends To perform movement phrases using a range of body actions and body parts <p>K & U</p> <ul style="list-style-type: none"> To know how to carry and replace apparatus To recognise how their body feels when still and when exercising <p>Evaluating and improving</p> <ul style="list-style-type: none"> To watch, copy and describe what they and others have done 	<p>Rawmarsh</p> <p>Gymnastics Unit Year 1 (Lessons 7 -12)</p>	<p>Actions</p> <ul style="list-style-type: none"> travel balance jump rock; roll slide <p>Dynamics</p> <ul style="list-style-type: none"> high; low wide; narrow sideways big and small space <p>Space</p> <ul style="list-style-type: none"> big; small long; short towards; away from across; through; under return (to the same space) 	<p>Others</p> <ul style="list-style-type: none"> pattern describe different ways to choose link together remember repeat tense relax warm up beginning; middle; end <p>Body Parts</p> <ul style="list-style-type: none"> foreleg; forearm head