



Physical Education Medium Term Plan

Intent	At Talavera, we aim for all children to enjoy and excel in their own ways, and look to provide an inclusive PE curriculum that allows all children to be engaged in their own learning, inspired to attempt something challenging and new and achieve their own goals. At Talavera Infant School we recognise the values and ethos that a high-quality PE and school sports curriculum gives pupils. All pupils are entitled to benefit from a high quality and inclusive PE provision. This aims to support other learning right across the curriculum in all year groups. It works to contribute towards healthy and active lifestyles, improves emotional well-being, aims to reduce poor behaviour and develops key skills such as leadership, confidence, social and team building skills. Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competence for the developmental ages to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed. The Talavera PE curriculum aims to develop physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as, fair play and respect.
Reception Goals	I can co-ordinate my body effectively. Physical Development - ELG: Gross Motor Skills: • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Educational Programme Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives¹¹. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Clever Bodies We use the Achieving Body Control (ABC) programme to help develop gross motor skills in Year R children. We support children in building the postural control needed for everyday school activities, such as sitting comfortably, moving confidently around the classroom, and taking part in PE. We use NHS Solent Schools resources to guide structured movement sessions that develop balance, coordination, and core strength. We work together to ensure all children have the physical foundation they need to succeed in school.	Fundamentals We learn to develop our fundamental movement skills. We learn to balance, run, change direction, jump, hop, and travel in different ways. Through a range of fun and active experiences, we learn to improve our gross motor skills. We learn how to stay safe when using space, we learn to follow rules and instructions, and we learn to work both independently and with a partner.	Dance We learn to express ourselves through movement using the theme Places. We learn to explore space safely, perform travelling actions, shapes, and balances, and respond creatively to stimuli. We learn to copy, repeat, and remember actions, keep time with music, and perform to others. Through dance, we learn physical skills (actions, dynamics, space), social skills (safety, respect, collaboration), emotional skills (confidence, independence), and thinking skills (comprehension, creativity, feedback).	Gymnastics We learn basic gymnastic skills through the theme Traditional Tales, including Jack and the Beanstalk and Goldilocks and the Three Bears. We learn to create shapes, balances, jumps, and rolls, and to use space safely. We learn to perform on both floor and apparatus, and to copy, create, remember, and repeat short sequences. We learn to use levels and directions when travelling and balancing.	Ball Skills We learn ball skills through the theme Minibeasts. We learn to roll, receive, throw to a target, bounce, catch, dribble with our feet, and kick a ball. We learn to develop our fine and gross motor skills through a variety of games and equipment. We learn to work independently and with a partner while building control, coordination, and confidence. We learn about different types Nepali Dancing and then will practice and perform a Nepali Dance our friends.	Games Sports Day We learn to play games through the theme Transport. We learn to practise and develop our fundamental movement skills while learning how to score and follow rules. We learn to work with a partner and begin to understand what it means to be part of a team. We learn how to behave respectfully when winning and losing, building our physical skills, teamwork, and sportsmanship whilst taking part in our own Sports Day.



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Year 1	Focus: Fundamentals Objectives: To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope. Key Vocab: bend, direction, dodge, fast, hop, jog, jump, land, ready position, skip, challenge, swing	Focus: Dance - Weather Objectives: To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance. To create my own dance using, actions, pathways and counts. Key Vocab: action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing	Focus: Dance - Pirates Objectives: To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme. To copy, repeat, create and perform actions that represent the theme. Key Vocab: action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing	Focus: Fitness Objectives: To develop my understanding of how exercise can make you feel. To develop my understanding of how exercise can make you strong and healthy. To develop my understanding of how exercise relates to breathing. To develop my understanding of how exercise helps my brain. To develop my understanding of how exercise helps my muscles. To develop my understanding of the importance of daily exercise. Key Vocab: active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory, mood, muscles, quick, safe, strong	Focus: Ball Skills REVISIT Objectives: To develop dribbling with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me. Key Vocab: catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm	Focus: Athletics Objectives: To move at different speeds over different distances. To develop balance. To develop changing direction quickly. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy. Key Vocab: balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk
	Focus: Gymnastics Objectives: To explore travelling movements. To develop and combine travelling movements. To develop quality when performing and linking shapes. To develop quality when linking shapes.	Focus: Ball Skills Objectives: To develop dribbling with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands.	Focus: Gymnastics CONTINUE Objectives: To explore travelling movements. To develop and combine travelling movements. To develop quality when performing and linking shapes.	Focus: Sending and Receiving Objectives: To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet.	Focus: Target Games Objectives: To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing at a target.	Focus: Invasion Games Objectives: To understand the role of defenders and attackers. To recognise who to pass to and why. To move towards goal with the ball. To support a teammate when playing in attack.



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	To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To develop rolls and use them in a sequence. To link gymnastic actions to create a sequence. To develop quality in gymnastics sequences. Key Vocab: action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me. Key Vocab: catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm	To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To develop rolls and use them in a sequence. To link gymnastic actions to create a sequence. To develop quality in gymnastics sequences. Key Vocab: action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	To develop throwing and catching skills over a short distance. To develop throwing and catching over a longer distance. To apply sending and receiving skills to small games. Key Vocab: catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm	To develop throwing for accuracy and distance using underarm and overarm. To select the correct throw for the target. To develop throwing for accuracy and distance. Key Vocab: balance, distance, further, overarm, point, score, swing, throw, underarm	To move into space showing an awareness of defenders. To stay with a player when defending. Key Vocab: attacker, defender, dodge, goal, marking, points, score, space
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Year 2	Focus: Invasion Games Objectives: To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To apply simple tactics for attacking and defending. Key Vocab: attack, defend, defender, goalkeeper, mark, opponent, possession, receive, send, score, shoot, tactic, teammate	Focus: Dance - Space Objectives: To develop fundamental movement skills (agility, balance & coordination). To become increasingly competent and confident in moving the body. To work individually and with others. To engage in co-operative physical activities. To explore a range of increasingly challenging situations. Key Vocab: level, speed, shape, direction, travelling, spatial, pairs, explore, big and slow, reflect, isolating, demonstrate, spinning, fast, feedback, stillness, mirror, perform, repeat, finale, solo, duet, revolve, Rehearse, evaluate, perform	Focus: Gymnastics CONTINUE Objectives: To perform gymnastic shapes and link them together. To perform gymnastics shapes with control and link them together. To use shapes to create balances. To link travelling actions and balances using apparatus. To develop travelling actions and balances using apparatus. To demonstrate different shapes, take-off and landing when performing jumps. To develop different shapes, take offs and landings when performing jumps. To develop rolling and sequence building. To refine rolling and sequence building. To create a sequence using apparatus. Key Vocab: balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck	Focus: Dance - Dragons Objectives: To develop fundamental movement skills (agility, balance & coordination). To become increasingly competent and confident in moving the body. To work individually and with others. To engage in co-operative physical activities. To explore a range of increasingly challenging situations. Key Vocab: travel, stillness, actions, dynamics, character, directions, stretch, shake, skip, jump, levels, twist, shapes, teamwork, speed, circles, explore, relax, hop, bounce, spin, together, balance, opposite, partner work, improvisation, express, movement, images, practice, perform	Focus: Yoga Objectives: To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. To copy and remember actions linking them into a flow. To create a flow, perform and teach it to a partner. To explore poses and create a yoga flow. Key Vocab: breath, choose, create, flexibility, flow, focus, perform, pose, strength	Focus: Athletics Objectives: To develop the sprinting action. To develop jumping for distance. To develop jumping for height. To develop throwing for distance. To develop throwing for accuracy. To select and apply knowledge and technique in an athletics carousel. Key Vocab: aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw
	Focus: Gymnastics Objectives:	Focus: Ball Skills Objectives:	Focus: Sending and Receiving Objectives:	Focus: Target Games Objectives:	Focus: Striking and Fielding Games Objectives:	Focus: Fitness Objectives:



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To perform gymnastics shapes with control and link them together. To use shapes to create balances. To link travelling actions and balances using apparatus. To develop travelling actions and balances using apparatus. To demonstrate different shapes, take-off and landing when performing jumps. To develop different shapes, take offs and landings when performing jumps. To develop rolling and sequence building. To refine rolling and sequence building. To create a sequence using apparatus. Key Vocab: balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck	To develop rolling a ball to hit a target. To develop stopping a rolling ball. To develop dribbling a ball with your feet. To develop kicking a ball. To develop throwing and catching. To develop dribbling a ball with your hands. Key Vocab: bounce, catch, collect, kick, prepare, control, dribble, receive, release, roll, target, touch, underarm	To roll a ball towards a target. To track and receive a rolling ball. To send and receive a ball with your feet. To develop catching skills. To develop throwing and catching skills. To send and receive a ball using a racket. Key Vocab: catch, distance, kick, ready position, receive, roll, send, target, throw, track	To consider how much power to apply when aiming at a target. To understand how to score using overarm and underarm throwing. To develop striking to a target. To develop hitting a moving target. To select and apply the appropriate skill to the target game. To show an improvement in my personal best. Key Vocab: accurate, release, ahead, aim, opponent, overarm, strike, target, teammate, underarm	To track a rolling ball and collect it. To develop underarm throwing and catching to field a ball. To develop overarm throwing to limit a batter's score. To develop hitting for distance to score more points. To be able to get a batter out. To understand the rules of the game and use these to play fairly. Key Vocab: backstop, batter, batting, bowler, collect, fielder, fielding, hit, out, rules, runs, stump, tactics, teammate, track	To learn how to run for a long time. To develop jumping in a long rope using timing. To develop co-ordination in individual skipping. To develop stamina and change of direction. To explore exercises to develop strength. To develop agility, balance and co-ordination. Key Vocab: bend, breath, exercise, jog, jump, land, speed, sprint, steady, strong, time, tired
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