

**Pioneer Federation**  
**Medium term plan**  
**Term 2**  
**P.E.**



<b>Subject:</b> P.E.	
<b>Key Concept/ Theme:</b> Gymnastics	
<b>Vocabulary:</b> Sustained, explosive, power, control, group, similar, different, bounce, box splits, fluency, dynamic, static, half lever, extension.	
1.	<p>Deeper learning question (1 per lesson):  targeted to learning for the pupils to reflect on throughout the lesson for example:  <b>Previous learning links:</b> Modified actions independently using different pathways, directions and shapes. Consolidated and improved movements and gymnastics actions.  Related  strength and flexibility to actions. Used basic compositional ideas.</p> <p>We are learning: to perform a japana  Activity: AFL task</p> <p>We are learning: to use bounces and broad jumps in a sequence  Activity: Add to sequence from last week to include bouncing and broad jump</p>
2.	<p>Deeper learning question:  Reconnection: Recap learning from previous lesson.  We are learning: to attempt a half lever  Activity: A short sequence that must include a half lever and, dish leg raises in unison with a partner, mirrored and matched</p> <p>We are learning: to transition from a japana to another shape with control  Activity: Balance cone on the back of the head and try to keep in place during the transition through the movements</p>
3	<p>Deeper learning question:  Reconnection: Recap learning from previous lesson.  We are learning: Stretches while moving and when we are still to increase our flexibility  Activity: Dynamic and static stretches that will assist box splits and shoulder flexibility shape</p> <p>We are learning: to show strength, flexibility and control in our sequence  Activity: Full body management routine</p>

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4	<p>Deeper learning question: Reconnection: Recap learning from previous lesson. We are learning: to perform a weighted bunny hop showing control and balance</p> <p>Activity: Assessment for Learning (balance and travel need to include weight bunny hop and travelling steps)</p> <p>We are learning: an arabesque balance and over-the-shoulder roll</p> <p>Activity: Linking one-footed balance with travel actions</p>
5	<p>Deeper learning question: Reconnection: Recap learning from previous lesson. We are learning: to identify and engage core muscles for stability</p> <p>Activity: Dead bugs, air squats and push-up Tabata</p> <p>We are learning: to smoothly transition from front support to side support</p> <p>Activity: Linking front support, press up, side support and pike</p>
6	<p>Deeper learning question: Reconnection: Recap learning from previous lesson. We are learning: to perform a shoulder stand with control Activity: candle rocking from shoulder to feet</p> <p>We are learning: to combine all elements of this unit into one sequence showing smooth transitions Activity: Full Sequence</p> <p><b>End of unit quiz &amp; reflect on gaps from the unit:</b> To go over key vocab from the terms learning and children to perform routines to the class</p>
<p><b><u>End Points:</u></b></p>	

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**Evaluation:** What have the end of unit quizzes, pupil self-reflections and termly work told you about what the children can remember and recall? What are the gaps? Ensure that the areas that need further reinforcement are documented in the next subject unit MTP. **Plan in time to revisit gaps within units, determined by the quizzes.**

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