MTP PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
	Topic title – Travel,	Topic title – Dance -	Topic title – Balance and	Topic title – Dance	Topic title – Multi Skills	Topic title – Athletics
	Jumping and landing	Seasons	Contrast			
				Key Knowledge –	Key Knowledge –	Key Knowledge –
	Key Knowledge –	Key Knowledge –	Key Knowledge –	Know dance is all	Know team games are a	Know that athletics is
	Know that	Know dance is all	Know that gymnastics is	about moving our	group of activities in	the name for a number
	gymnastics is a sport	about moving our	a sport in which we do	bodies to a musical	which players need to	of different sports that
	in which we do	bodies to a musical	exercises that need	rhythm.	work together.	require strength,
	exercises that need	rhythm.	strength, balance,	Know in dance, we	Know you can improve	endurance and skill.
	strength, balance,	Know in dance, we	flexibility and control.	explore space, and	the speed at which you	Athletics includes track
	flexibility and	explore space, and	Know in gymnastics, we	consider how we	can do something by	and field events.
	control.	consider how we	may use lots of different	can use our bodies to	practicing it – getting	Know that rack events
	Know in gymnastics,	can use our bodies to	skills, for example	show ideas, moods,	your body used to it.	involve running and
	we may use lots of	show ideas, moods,	running, jumping,	characters and	Know how to move into	sprinting.
	different skills, for	characters and	balancing, stretching,	feelings.	a space.	Know that field events
	example running,	feelings.	bending and tumbling.	Know the different	Know that running	often use skills like
	jumping, balancing,	Know the different	Know each part of your	ways that you can	around things, jumping	jumping and throwing.
	stretching, bending	ways that you can	body and the shapes	travel and change	over things and	Know that someone
	and tumbling.	travel and change	that you create. Hold	direction, e.g. skipping,	balancing on things all	competing in athletics is
	Travel - Think of the	direction, e.g. skipping,	moves for at least 5	crawling, hopping and	use our agility. Agility	known as an athlete.
	different ways that	crawling, hopping and	seconds.	sliding.	can be improved by	
	you can travel,	sliding.	Keeping arms and legs	Know how to use	practicing being flexible.	Key Skills –
	e.g. running,	Know how to use	further apart helps.	counts of 8 to stay in	Key Skills –	I can run with control
	crawling, hopping	counts of 8 to stay in	Add quality by being still,	time with the music.	I show control when	I can jump with control
	and sliding.	time with the music.	pointing fingers & toes.	Know examples of	rolling a ball.	
	Changing direction	Know examples of	When taking weight on	actions include	I can hit a ball with	
	makes movements	actions include	hands, tense stomach	clapping, clicking,	control, using	Key Vocabulary –
	interesting.	clapping, clicking,		leaping, crouching,	appropriate equipment	Athletics, Strength,
	Jumping - Keep your	leaping, crouching,	Key Skills –	shaking, twisting and	I can catch a ball /	Speed, Endurance,
	chest upright, don't	shaking, twisting and	I can move with some	spinning.	moving object	Running, Jumping,
	tilt to one side.	spinning.	control and awareness	Know how actions look	I can kick with control	Throwing, Sprinting,
	-Bend your knees &	Know how actions look	of space	together.		Obstacle, Equipment
	spring upwards to	together.	I can link two or more		Key Vocabulary –	Persevere, Hurdling,
	jump high.		actions to make a		Team Building, Team	Distance
			sequence	Key Skills –	Games, Communication,	

-Try to land without	Key Skills –	I can show contrasts (eg:	I can move with	Collaboration,	Fundamental
much noise. Bend	I can move with	small / tall, straight /	control and co-	Leadership, Strategy,	Movements
your knees.	control and co-	curved, wide /	ordination	Respect, Honesty,	Sprint Run
Landing – As you	ordination	narrow	I can link two or more	Reflection, Speed,	Skip
land remember to	I can link two or more		actions in a sequence	Agility, Strength,	Нор
ben your knees	actions in a sequence	Key Vocabulary –		Accuracy	Gallop
		Gymnastics, Strength,	Key Vocabulary –		Side Gallop
Key Skills – I can	Key Vocabulary –	Balance, Flexibility	Dance, Movement,	Fundamental	Jump for Height
move with some	Dance, Movement,	Control, Travelling,	Body, Balance, Control	Movements	
control and	Body, Balance, Control	Balancing, Sequence,	Travelling, Facial,	Underarm Throw	
awareness of space	Travelling, Facial,	Confidence, Feedback,	Expression, Sequence,	Overarm Throw	
I can link two or	Expression, Sequence,	Contrast, Tall, Small,	Confidence,	Catch large ball	
more actions to	Confidence,	Straight, Curved, Wide,	Coordination,	2 Handed Strike	
make a sequence	Coordination,	Narrow	Counting, Feedback,	Foot Dribble	
I can climb safely on	Counting, Feedback,		Mirroring	Kick	
low level equipment	Mirroring	Fundamental			
I can jump in a	5	Movements	Fundamental		
variety of ways and	Fundamental	Balance on 1 foot	Movements		
land with some	Movements	Climb	Balance on 1 foot		
control and balance	Balance on 1 foot	Line Walk	Side Roll		
	Side Roll		Skip		
Key Vocabulary –	Skip		Gallop		
Gymnastics,	Gallop		Side Gallop		
Strength, Balance,	Side Gallop				
Flexibility, Control,					
Travelling, Balancing,					
Sequence,					
Confidence,					
Feedback					
Fundamental					
Movements					
Balance on 1 foot					
Climb					
Line Walk					

Lesson 1	Travel in different	Seasons – Summer	Floor work - individual	Dinosaur Dance	Basic movement and	Sprinting
	ways.		balance		spatial awareness.	
		Perform and evaluate		Individual		
	Changing direction		Perform and evaluate		Build up to a team game	
				Perform and evaluate	with rules	
	Perform and evaluate					
Lesson 2	Jumping and Landing	Seasons – Spring	Floor work – Partner	Dinosaur dance	Movement with a ball	Throwing and long jump
	 Floor work and low 		balance			
	equipment (benches)	Perform and evaluate		Partner / mirror	Build up to a team game	
			Perform and evaluate		with rules	
	Perform and evaluate			Perform and evaluate		
Lesson 3	Travel on low	Seasons – Autumn	Low level equipment –	Dinosaur dance	Sending skills – rolling	Hurdles and relay
	equipment (benches)		individual balance			
		Perform and evaluate		Partner / mirror	Build up to a team game	
	Jumping and landing		Perform and evaluate		with rules	
	off low equipment			Perform and evaluate		
	(straight and tuck)					
	Perform and evaluate					
Lesson 4	Travel in different	Seasons - Winter	Low level equipment –	Dinosaur dance	Sending skills and	Throwing and long
	ways on low		Partner balance		receiving – throwing and	distance
	equipment (benches	Perform and evaluate		Small group dance	catching	
	and boxes)		Perform and evaluate			
				Perform and evaluate	Build up to a team game	
	Jumping and landing				with rules	
	off equipment					
	(straight and tuck)					
	Perform and evaluate					
Lesson 5	Working with a	Preform – in groups	Low level equipment –	Dinosaur dance	Aiming – into a net or	Shuttle runs and long
	partner to travel		partner balance.		hoop	jump
	across equipment in	Evaluate		Whole class dance		
	different ways		Link balance to create a		Build up to a team game	
	Jumping and landing	ASSESS and hand to	short sequence	Perform and evaluate	with rules	
	(straight and tuck)	leader	Perform and evaluate			

	Perform and evaluate				
Lesson 6	Working with a	Low level equipment –	Dinosaur dance	Striking – Kicking a ball	Relay and 3 spring jump
	partner, thinking of	partner balance.			
	different ways to		Add the whole dance	Build up to a team game	
	travel	Link balance to create a	together and perform.	with rules	
		short sequence			
	Making a short		ASSESS and hand to		
	sequence incl	Perform and evaluate	leader		
	jumping and landing				
	Perform and evaluate				
Lesson 7	Working in a small	Low level equipment –		Sending and receiving –	Mixed
	group, thinking of	partner balance.		throwing and catching	
	different ways to			Striking and gathering	ASSESS and hand to
	travel	Link balance to create a		skills mixed	leader
		short sequence (include			
	Making a short	travel and jumping and		ASSESS and hand to	
	sequence incl	landing)		leader	
	jumping and landing				
		Perform and evaluate			
	Perform and evaluate				
		ASSESS and hand to			
	ASSESS and hand to	leader			
	leader				
Lesson 8					