

PE – Medium Term Planning YEAR 1/2 (2026- 27) **B**

(Year 1 pupils to aim for bronze/silver – Year 2 pupils to aim for silver/gold)

Each ½ term a total of 2 units must be delivered (each unit is approximately 10 hrs)

Year 1/2 2026-27 (B)	
Autumn 1.1 - Unit: Personal Challenges	
Know Show Grow	refer to outcomes linked to lesson plans (children discuss and identify personal challenges)
Autumn 1.1 - Unit: Invasion Game Skills 2	
Know	1)Can describe their own work and offer basic feedback to other's / 2) Can work alongside other's using their individual skills to contribute to a team / 3)Can take teacher feedback to improve their own performance
Show	1)Can send and receive a ball / object with control / 2)Moves with control when dribbling a ball and can stop on command/ 3)Can link a series of actions to progress their play
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity. / 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Autumn 1.2 - Unit: Gymnastics – Spinning, turning and twisting	
Know	1)Can describe their own work and offer basic feedback to other's / 2)Understands the need to repeat actions to improve their performance / 3)Can take teacher feedback to improve their own performance
Show	1)Demonstrates basic agility, balance and coordination/ 2)Shows creativity in performing actions and sequences 3)Has variety in their starting and finishing positions
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity./ 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Autumn 1.2 - Unit: Gymnastics – Pathways : straight, zigzag & curving	
Know Show Grow	as above

Spring 2.1 - Unit: Dance – Under the sea	
Know	1)To create a solo based on action words, interpreting the ideas in their own way / 2)Remember and perform a simple sequence of movement / 3)Can contribute key word to help create a theme related mind map / 4)Develop teamwork skills by working in groups and copying actions / 5)Translate words / ideas into shapes, movement and action / 6)To learn a dance as a class, performing movements in the correct order
Show	1)Can experiment with travelling dances and creating their own movements/ 2)To develop stillness and balance skills 3)Demonstrate a range of movement qualities with the body/ 4)Show good listening skills/ 5)Travel safely and creatively in space/ 6)Show different levels when they travel
Grow	1)Share ideas and create movement ideas/ 2)Contribute with others to create a group sequence /3)To want and support others to rehearse and refine /4)Perform the dance to the best of their ability without distraction /5)Give useful feedback to their partner using age appropriate language /6)To improve their own perform based on both teacher and peer feedback
Spring 2.1 - Unit: OAA	
Know	1)Knows what success looks like for themselves and others / 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others
Show	1)Can cooperate with others to solve a problem / 2)Can demonstrate teamwork and understands the need to communicate 3)Tries different solutions without fear of failure
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity./ 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Spring 2.2 - Unit: Gymnastics – Stretching, curling, arching	
Know	1)Can describe their own work and offer basic feedback to other's / 2)Understands the need to repeat actions to improve their performance / 3)Can take teacher feedback to improve their own performance
Show	1)Demonstrates basic agility, balance and coordination/ 2)Shows creativity in performing actions and sequences 3)Has variety in their starting and finishing positions
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity./ 3)Children will work in small groups to create a routine demonstrating various dynamic
Spring 2.2 - Unit: Invasion Game skills 2	
Know	1)Can describe their own work and offer basic feedback to other's / 2) Can work alongside other's using their individual skills to contribute to a team / 3)Can take teacher feedback to improve their own performance
Show	1)Can send and receive a ball / object with control / 2)Moves with control when dribbling a ball and can stop on command/ 3)Can link a series of actions to progress their play
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity. / 3)Children will work in small groups to create a routine demonstrating various dynamic balances.

Summer 3.1 - Unit: Net & Wall Game Skills 2	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Understands the need to repeat actions to improve their performance 3)Can take teacher feedback to improve their own performance
Show	1)Can demonstrate a good 'ready' position and get in line with the ball / object/ 2)Changes body positions depending on the pace and flight of the ball / object/ 3)Begins to control the area of their return
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity./ 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Summer 3.1 - Unit: Striking and field game skills 2	
Know	1)Can describe their own work and offer basic feedback to other's/ 2)Can work alongside other's using their individual skills to contribute to a team / 3)Can take teacher feedback to improve their own performance
Show	1)Can strike a ball off a tee with control / 2)Tracks a ball being hit and can make an attempt to stop it 3)Can aim and throw a ball in the desired direction
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity./ 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Summer 3.2 - Unit: Athletics 2	
Know	1)Can describe their own work and offer basic feedback to other's / 2)Understands the need to repeat actions to improve their performance 3)Can take teacher feedback to improve their own performance
Show	1)Begins to jump in a variety of ways displaying control of movements / 2)Can throw objects, selecting the correct technique with support from the teacher / 3)Demonstrates a good starting position ready to run
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity. / 3)Children will work in small groups to create a routine demonstrating various dynamic balances.
Summer 3.2 - Unit: OAA	
Know	1)Knows what success looks like for themselves and others / 2)Begins to demonstrate taking the lead in activities and games 3)Can communicate effectively and work well with others
Show	1)Can cooperate with others to solve a problem / 2)Can demonstrate teamwork and understands the need to communicate 3)Tries different solutions without fear of failure
Grow	1)Children will know how important cooperation is in and beyond PE. / 2)Children will consider how coordination can help them in PE, sport and physical activity. / 3)Children will work in small groups to create a routine demonstrating various dynamic balances.