

PE MEDIUM TERM PLAN (MTP) YEAR 1 2020:

PE MTP Y1	Autumn 1: 8 WEEKS	Autumn 2: 7 WEEKS	Spring 1: 6 WEEKS	Spring 2: 6 WEEKS	Summer 1: 6 WEEKS	Summer 2: 6 WEEKS
<p><i>Taken from the Year group curriculum map</i></p>	<p>Topic Title: Sport & Games; Gymnastics (Animals)</p> <p>Key knowledge: Jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Key Skills: Catching and throwing bean bags, Target throwing, Co-ordination, Catching a 'tail', Hopping, Skipping, Long jump, Safe landing</p> <p>Key vocabulary: Catching, throwing, safety, movement, position, space, balance</p>	<p>Topic Title: Gymnastics (Traditional Tales)</p> <p>Key knowledge: developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Key Skills: Catching and throwing bean bags, Target throwing, Co-ordination, Catching a 'tail', Hopping, Skipping, Long jump, Safe landing</p> <p>Key vocabulary: Catching, throwing, safety, movement, position, space, balance</p>	<p>Topic Title: Team Games - Rounder's, Dodge ball, Bench ball, Tag rugby, Football and Hockey</p> <p>Key knowledge: To participate in team games, developing simple tactics for attacking and defending using skills learnt from Autumn 1 and 2</p> <p>Key Skills: Catching and throwing, Target throwing, Co-ordination</p> <p>Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade</p>	<p>Topic Title: Team Games - Rounder's, Dodge ball, Bench ball, Tag rugby, Football and Hockey</p> <p>Key knowledge: To participate in team games, developing simple tactics for attacking and defending using skills learnt from Autumn 1 and 2</p> <p>Key Skills: Catching and throwing, Target throwing, Co-ordination</p> <p>Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade</p>	<p>Topic Title: Dance</p> <p>Key knowledge: To perform dances using simple movement patterns.</p> <p>Key Skills: changing direction and Co-ordination and sequencing</p> <p>Key vocabulary: Rhythm, flow, position, co-ordination, movement, pace, fast, slow, height, tall, short, change</p>	<p>Topic Title: Athletics and Sports day</p> <p>Key knowledge: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Key Skills: Catching, throwing, Jumping, running, changing direction and Co-ordination and sequencing</p> <p>Key vocabulary: catching, throwing, standing, movement, pace, fast, slow, height, tall, short, change</p>
Lesson 1	<p>Gymnastics Lesson objective (s): To safely carry, move and place apparatus</p> <p>Brief outline of main tasks: The children will learn to follow instructions, understand how to lift</p>	<p>Lesson objective (s): To recognise and perform contrasting movements and balances</p> <p>Brief outline of main tasks: The children will create different shapes using</p>	<p>Lesson objective (s): To travel in different ways with control</p> <p>Brief outline of main tasks: The children will learn to travel backwards, keeping whilst</p>	<p>Lesson objective (s): To travel in different ways with control</p> <p>Brief outline of main tasks: The children will learn to travel backwards, keeping whilst</p>	<p>Lesson objective (s): To move in response to a video stimulus</p> <p>Brief outline of main tasks: This lesson will use an ice skating video as a stimulus to create different shapes using</p>	<p>Lesson objective (s): To use appropriate sprint techniques</p> <p>Brief outline of main tasks: The children will learn to sprint in a straight line while looking forwards, move arms and legs using the</p>

	<p>apparatus safely, carry apparatus safely in a group, place apparatus safely and remember where apparatus goes. They will then practice jumping and landing safely on and off the apparatus.</p> <p>Sports & Games Lesson objective (s): To track and receive a ball</p> <p>Brief outline of main tasks: The children will learn they key skills of how to stop a rolling ball with their hands, how to track a ball as it rolls, get in line to receive a ball and roll a ball in the right direction.</p>	<p>their body, they will create high and low shapes, big and small shapes and hold them still. They will perform a range of controlled balances and perform two contrasting balances of their choice.</p>	<p>maintain balance, travel sideways using a sidesteps and change directions while travelling.</p>	<p>maintain balance, travel sideways using a sidesteps and change directions while travelling in a game of dodgeball.</p>	<p>the body. The children will put actions together to create a motif, using jumping, skipping and skating. They will learn to move their body with control then watch and describe each other's performance.</p>	<p>correct sprinting technique and change direction when sprinting.</p>
Lesson 2	<p>Gymnastics Lesson objective (s): To travel safely in different ways</p> <p>Brief outline of main tasks: The children will learn to bounce and jump from two feet to two feet, practice jumping safely off and on to the equipment and use the skills learnt to travel in different directions.</p> <p>Sports & Games Lesson objective (s):</p>	<p>Lesson objective (s): To travel in different ways, change speed and direction</p> <p>Brief outline of main tasks: The children will travel in different ways, change speed and direction whilst travelling. They will describe their performances and perform a range of controlled balances.</p>	<p>Lesson objective (s): To travel in different ways with a ball</p> <p>Brief outline of main tasks: The children will use what they learnt in the previous lesson to travel with the ball using their feet, bouncing the ball, throwing and catching the ball whilst on the move.</p>	<p>Lesson objective (s): To travel in different ways with a ball</p> <p>Brief outline of main tasks: The children will use what they learnt in the previous lesson to travel with the ball using their feet, bouncing the ball, throwing and catching the ball whilst on the move whilst playing a game of basketball.</p>	<p>Lesson objective (s): To improvise and create movements with a partner</p> <p>Brief outline of main tasks: The children will learn to keep in time with a steady beat, work cooperatively with a partner, improvise independently and perform movements in unison.</p>	<p>Lesson objective (s): To balance an object whilst running</p> <p>Brief outline of main tasks: The children will learn to balance objects while moving at various speeds, they will practice balancing an egg on a spoon, show good body control while moving and show good coordination when travelling with a range of objects.</p>

	<p>To change direction and bounce a ball with control</p> <p>Brief outline of main tasks: The children will learn to change directions whilst moving, they will learn to run backwards, forwards and sideways, they will also learn to bounce a ball on the floor and catch it and bounce a ball at a target.</p>					
Lesson 3	<p>Gymnastics Lesson objective (s): To travel at different speeds and levels</p> <p>Brief outline of main tasks: This lesson will focus on travelling in different ways, changing speed from fast to slow and slow to fast movements. The children the match the type of movement with the speed they are travelling at and travel high and low.</p> <p>Sports & Games Lesson objective (s): I can throw, catch and move at different speeds</p> <p>Brief outline of main tasks:</p>	<p>Lesson objective (s): To control the body during movements</p> <p>Brief outline of main tasks: This lesson will focus on rolling in different ways, the children will learn to control their body when rolling. They will learn to perform a straight jump safely.</p>	<p>Lesson objective (s): To travel with the ball in different directions</p> <p>Brief outline of main tasks: The children will build on last week's lesson, keep control of a ball as they follow a path, turn corners and change direction while travelling with a ball.</p>	<p>Lesson objective (s): To travel with the ball in different directions</p> <p>Brief outline of main tasks: The children will build on last week's lesson, keep control of a ball as they follow a path, turn corners and change direction while travelling with a ball in a game of football.</p>	<p>Lesson objective (s): To show awareness of others when working in a group</p> <p>Brief outline of main tasks: The children will continue to work cooperatively this time in a group. They will work as a group to perform movements in canon, learn to improvise independently and put movements together to create a motif.</p>	<p>Lesson objective (s): To race in a sack</p> <p>Brief outline of main tasks: The children will practice jumping from two feet to two feet, use their arms and legs effectively to jump as far as possible, apply these skill when using a sack and stay in their sack throughout the race.</p>

	The children will practice running fast, jogging and walking, then learn to throw a ball into my hand and catch a ball that I have thrown.					
Lesson 4	<p>Gymnastics Lesson objective (s): To make and hold different shapes</p> <p>Brief outline of main tasks: The children will learn to create different shapes, they will learn to jump into a thin shape, a wide shape and a small curled shape, they will also travel, jump and hold a shape.</p> <p>Sports & Games Lesson objective (s): To throw and catch a ball with a partner</p> <p>Brief outline of main tasks: The children will work in pairs to throw a ball and catch it. They will learn to catch a ball that's thrown to them using a range of throws and speeds.</p>	<p>Lesson objective (s): To link movements to create a sequence</p> <p>Brief outline of main tasks: Using the previous lesson, the children will recap how to roll in different ways whilst in control of their movements. They will learn how to link movements and create a sequence using the movements that they have learnt. They will watch and describe a sequence to show their understanding.</p>	<p>Lesson objective (s): To travel with the ball in different directions</p> <p>Brief outline of main tasks: The children will continue to practice travelling with a ball in different ways. They will use their hands and feet to change direction when travelling with a ball.</p>	<p>Lesson objective (s): To travel with the ball in different directions</p> <p>Brief outline of main tasks: The children will continue to practice travelling with a ball in different ways. They will use their hands and feet to change direction when travelling with a ball in a game of tag rugby.</p>	<p>Lesson objective (s): To understand mirroring</p> <p>Brief outline of main tasks: The children will continue the theme from the last lesson and work cooperatively in a group, mirror the movements of a partner and evaluate the work of others and give feedback.</p>	<p>Lesson objective (s): To throw at a target</p> <p>Brief outline of main tasks: The children will practice throwing overarm using more power, throw underarm with some accuracy and use these skills to throw towards a target.</p> <p>Sports day 1.07.2021</p>
Lesson 5	<p>Gymnastics Lesson objective (s): To link two actions to make a sequence</p>	<p>Lesson objective (s): To cooperate effectively with a partner</p>	<p>Lesson objective (s): To pass the ball to another player</p> <p>Brief outline of main tasks:</p>	<p>Lesson objective (s): To pass the ball to another player</p> <p>Brief outline of main tasks:</p>	<p>Lesson objective (s): To perform a traditional style of dance</p>	<p>Lesson objective (s): To travel in different directions pushing a football</p>

	<p>Brief outline of main tasks: The children will travel in a stretched shape, curled shape and wide shape. They will then learn steps to link two shapes to create a sequence. The children will perform their sequence, travelling and then holding a shape.</p> <p>Sports & Games Lesson objective (s): To throw a ball overarm and underarm</p> <p>Brief outline of main tasks: The children will learn the throwing technique for overarm and underarm throws, they will practice their catching skills from the previous lesson, use a range of throws aiming at a target and decide which type of throw to use.</p>	<p>Brief outline of main tasks: The children will work in partners to complete activities, they will support their partner in a wheelbarrow position, perform a front support and develop this into a wheelbarrow, work with a partner to create and perform a sequence to understand what skills are needed for effective teamwork.</p>	<p>The children will learn to pass the ball to a partner whilst moving and changing direction. They will use their hands and feet to pass the ball to a target and make sure the ball travels to the target.</p>	<p>The children will learn to pass the ball to a partner whilst moving and changing direction. They will use their hands and feet to pass the ball to a target and make sure the ball travels to the target. They will play a game of basketball and football to practice their skills.</p>	<p>Brief outline of main tasks: The focus of this lesson is to learn a traditional barn dance, the children will copy and repeat actions, practice and keep in time with a steady beat and continue work cooperatively in a group.</p>	<p>Brief outline of main tasks: The children will travel through obstacles whilst moving a football with their feet. They will use running, jumping and hoping skills and change direction whilst travelling with the ball.</p>
Lesson 6	<p>Gymnastics Lesson objective (s): To create a sequence of movements with flow</p> <p>Brief outline of main tasks: The children will practice linking steps from the previous lesson to link create</p>	<p>Lesson objective (s): To create and perform a sequence with a clear beginning, middle and end</p> <p>Brief outline of main tasks: The children will create a sequence using the shapes, balances and movements they have</p>	<p>Lesson objective (s): To use travelling and passing in a game</p> <p>Brief outline of main tasks: The children use what they have learnt in today's lesson. They will travel with a ball in different ways, pass the ball to another</p>	<p>Lesson objective (s): To play game</p> <p>Brief outline of main tasks: The children will use travelling and passing skills in a game of either basketball, football, tag rugby or dodgeball.</p>	<p>Lesson objective (s): To represent an object using dance</p> <p>Brief outline of main tasks: The children will use what they have learnt this term to create movements, vary the shape and speed of their movements,</p>	<p>Lesson objective (s): To travel using movements across obstacles</p> <p>Brief outline of main tasks: The children will practice hurdling across obstacles, jumping and hoping through ladders and</p>

	<p>and add movement to their sequence to add flow, they will copy a movement sequence, repeat and improve a movement sequence so that it flows. The children will then create, improve and perform their own movement sequence.</p> <p>Sports & Games Lesson objective (s): To throw an object at a target</p> <p>Brief outline of main tasks: The children will practice throwing underarm at a target. They will observe how the object moves towards the target and adjust their throwing skills to improve their throwing technique</p>	<p>practised, learn to change the order of movements to make their sequence flow more smoothly, talk about their learning in this unit of work and perform their sequence to an audience.</p>	<p>player and use these skills to score points in a game.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>perform movements in canon and continue to work cooperatively in a group.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>	<p>moving between hoops.</p> <p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>
Lesson 7	<p>Gymnastics Lesson objective (s): To improve a sequence</p> <p>Brief outline of main tasks: The children will continue from the previous lesson and use feedback to improve their sequence. They will then practice and add to their sequence using linking movements.</p>	<p>Lesson objective (s): To perform a sequence</p> <p>Brief outline of main tasks: The children will share what their favourite movements are, sequence and share their movements and discuss what they enjoyed about their performance.</p>	TERM END	TERM END	TERM END	TERM END

	<p>Sports & Games Lesson objective (s): To throw at a distance</p> <p>Brief outline of main tasks: The children will use the skills they have learnt to practice throwing from a distance to a partner and then at a target. They will observe their performance and make adjustments to improve their technique.</p>	<p>INCLUDE: ASSESSMENT AND EVALUATIONS</p>				
<p>Lesson 8</p>	<p>Gymnastics Lesson objective (s): To perform a sequence</p> <p>Brief outline of main tasks: The children will perform their improved sequence in groups and identify what they enjoyed about their performance.</p> <p>Sports & Games Lesson objective (s): To catch and throw in a group</p> <p>Brief outline of main tasks: The children will use the skills they have learnt to practice catching and throwing in team games.</p>	<p>TERM END</p>				

	INCLUDE: ASSESSMENT AND EVALUATIONS					
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