



THE SULTAN'S SCHOOL

YEAR 1 - MEDIUM TERM PLANNING 2018-2019

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR ANDY.

The Sultan's School Year 1 Medium Term Curriculum plan for P.E.

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
1	Communication Games	<ul style="list-style-type: none"> Pupils will learn to develop good listening skills, good classroom management as well as improved coordination and social skills. To introduce and reinforce expectations of KS1. 	Throughout this unit of work the areas of focus within lessons are: Stop look listen Listening and Fairplay Recalling and following instructions Working with others	Running, changing speed, direction, bounce, balance, hopping Movement Control WALT WILF
	Multi Skills	<ul style="list-style-type: none"> Pupils will experience working with a variety of equipment and to explore individual skills during play. In all games activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging. Pupils will learn to use space and develop agility and balance skills 	Throughout this unit of work the areas of focus within lessons are: Agility and Relays Collecting and throwing Catching Movement and Balance Chasing and evading Assessment and recap	Relay running stopping jumping chasing dodging throwing balancing fielding
	Gymnastics	<ul style="list-style-type: none"> Pupils will be introduced to and develop body management skills. Pupils should explore, replicate and improve the quality of their actions, body 	Throughout this unit of work the areas of focus within lessons are: Travelling Body Shapes	Flow Slide Pull Roll Shape Routine Turn

		<p>shapes and balances firstly on the floor and then progress to using apparatus.</p> <ul style="list-style-type: none"> • Pupils will incorporate control and levels into simple sequences by linking movements together. • Pupils will progressively learn how to lift and lay out apparatus safely. 	<p>Supporting body weight</p> <p>Transferring body weight</p> <p>Body Shape balancing</p> <p>Sequencing & Routine</p>	<p>stretch explosive under over</p>
2	Athletics	<ul style="list-style-type: none"> • In this unit pupils will experience simple modified running, jumping and throwing activities. • Pupils will accurately replicate running challenges and competitions that require speed and stamina. • In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance. • Pupils will develop the ability follow rules safely and handle equipment correctly. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Sprint Running</p> <p>Running (Relays)</p> <p>Jumping- Long jump</p> <p>Throwing - Bean bag Accuracy</p> <p>Throwing - bean bag distance</p> <p>Egg and spoon (balance)</p> <p>Hurdles</p>	<p>Running Jumping Pushing Pulling throwing stance accuracy power speed balance</p>
	Hand eye coordination	<ul style="list-style-type: none"> • Activities which develop student ability through combining/performing 'two or more skills at the same time', using the hands and eyes. • students should be able to show progress in hand-eye coordination regarding ball control (catching and feeding) individually, with a 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Development of Hand Eye skills</p> <p>Bouncing</p> <p>Catching</p> <p>Throwing</p> <p>rolling</p>	<p>Control Preparing Bouncing Catching Practising Throwing Rolling</p>

		partner and in small groups; using a range of ball sizes and hardness's across various exercises.		
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3	Cross Country	<ul style="list-style-type: none"> • Students will focus on developing their basic running technique, • Look at understanding of a three part race. • Students will improve and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the class. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Running Technique</p> <p style="text-align: center;">Basic Pacing</p> <p style="text-align: center;">3 part race</p> <p style="text-align: center;">How the body feels</p> <p style="text-align: center;">Stamina</p>	Pacing Start Middle end Technique Stamina Fitness
	Invasion Games Skills	<ul style="list-style-type: none"> • Pupils will focus on developing game skills with some fluency and accuracy, using a range of throwing and catching techniques. • Pupils will develop a basic understanding of movement, keeping possession of the ball as a team, and getting into space. • To keep and run a basic game using a set of rules. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation</p> <p style="text-align: center;">Travelling with and without ball</p> <p style="text-align: center;">Passing</p> <p style="text-align: center;">Space</p> <p style="text-align: center;">Rules & Scoring</p>	Movement Control Space Tactics Positioning Triangles Rules Chest Pass Bounce pass Target

4	Striking & Fielding	<ul style="list-style-type: none"> • Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play. • In all games activities, pupils will learn core skills relevant to striking and fielding games, including sending, receiving, batting and bowling & chasing. • Pupils will begin to make use of space and start to think about outwitting an opponent. • Will begin to watch and describe others' performances, as well as their own. • To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Throwing and catch basics</p> <p style="text-align: center;">Anticipation skills</p> <p style="text-align: center;">Grip and ready position</p> <p style="text-align: center;">Striking skills</p> <p style="text-align: center;">Conditioned games</p>	Batting fielding bowling sending receiving throwing catching scoring
	Target games	<ul style="list-style-type: none"> • To develop the students hand-eye and foot-eye co-ordination through activities where the students' aim at a target. • Pace, control and accuracy of skill delivery are key development elements in this activity area. • Body position and weight transference/balance will also be developed in this unit. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Targeting</p> <p style="text-align: center;">Aiming/power</p> <p style="text-align: center;">Underarm/overarm</p> <p style="text-align: center;">curling & bowling</p>	Target Aiming Accuracy Power Throwing Sliding Bowling Release grip

5	Swimming	<ul style="list-style-type: none"> Students will be developing and refine swimming skills gained from KG. In line with the Level Dory swimming assessment Criteria. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Enter & exit shallow water safely from poolside Move across the pool with water at shoulder height Submerge face in water & blow bubbles 3s Floating front & back with little support Push & Glide on front using floating device Push & Glide on back using floating device Travel on front using floating device (front crawl Kick) Pencil jump, twist and exit pool safely with support</p>	<p>Body position Breathing Inhale Exhale Dive Bubbles Kicking Floating Floppy feet</p>
	Invasion Games 2 (Game play)	<ul style="list-style-type: none"> Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques. In all games activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. To keep and run a game using a set of rules. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation</p> <p style="text-align: center;">Passing and moving</p> <p style="text-align: center;">Attacking and Defending</p> <p style="text-align: center;">Space</p> <p style="text-align: center;">Gameplay</p> <p style="text-align: center;">Rules & Scoring</p>	<p>Movement Control Space Tactics Attacking Defending Positioning Triangles Rules Chest Pass Bounce pass Target Team work</p>
	Mixed games/Parachute games	<ul style="list-style-type: none"> During the last few lessons Pupils will recap some games and activities that they have performed throughout the year. They will play some group parachute games 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Team work Working together Fun</p>	<p>Team work Working together</p>

