

## **Medium Term Plan: Supporting Implementation of**

**Subject:** Year 1 Spring 2 - Fitness:

In this unit pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.

N/C links:

- 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

Key skills:

- Physical: run, jump, co-ordination, stamina, strength, agility, balance
- Social: communication, co-operation, support, work safely, kindness
- Emotional: kindness, perseverance, honesty, independence, determination
- Thinking: comprehension, creativity, problem solving, reflection, feedback

### **Prior Learning (what pupils already know and can do)**

- Know that bending their knees will help them to land safely.
- To use big steps to run and small steps to stop.
- Know that moving into space away from others helps keep them safe.
- Know to hold their arms out to help them to balance.
- To identify when they are successful.
- Know that moving into space away from others and leaving a gap when following a path will keep them safe.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- I can recognise changes in my body when I do exercise.
- I can share my ideas with other people in the class.
- I can talk about what exercise does to my body.
- I recognise how exercise makes me feel.
- I try my best in the challenges I am set.
- I understand why it is important to warm up.

### **Key Vocabulary**

Active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory, mood, muscles, quick, safe, strong

## **Session 1 – To develop my understanding of how exercise can make you feel.**

### **Success Criteria**

- Think carefully about how exercise makes you feel.

### **Whole Child Objectives**

- Social: To share my ideas and listen to others.
- Emotional: To use kind words in my feedback.
- Thinking: To consider ways of improving my mood.

### **Vocabulary:**

exercise, mood

## **Session 2 – To develop my understanding of how exercise can make you strong and healthy.**

### **Success Criteria:**

- Notice carefully how your heart beat changes during exercise.

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### **Whole Child Objectives:**

- Social: To talk to a partner about my ideas.
- Emotional: To continue to try my hardest even when I find things hard.
- Thinking: To create ideas for my partner to copy.

### **Vocabulary**

exercise, calm, quick, fast, heart

Session 3 –To develop my understanding of how exercise relates to breathing.

### **Success Criteria:**

- Notice carefully how exercise changes your breathing.

### **Whole Child Objectives:**

- Social: To work well with a partner.
- Emotional: To share my ideas and contribute to class discussion.
- Thinking: To suggest ideas to solve a problem.

Lungs video to be shown

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12434>

### **Vocabulary**

Breathe, quick, fast, safe, exercise, calm, mood

Session 4 - To develop my understanding of how exercise helps my brain.

### **Success Criteria:**

- Consider skills/activities which can be improved by exercise.

### **Whole Child Objectives:**

- Social: To make safe decisions when working with others.
- Emotional: To tell the truth about what I have achieved.
- Thinking: To understand how to score points.
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### **Vocabulary**

fast, exercise, quick, safe, brain

Session 5 –To develop my understanding of how exercise helps my muscles.

### **Success Criteria:**

- Consider carefully how your muscles feel after exercise.

### **Whole Child Objectives:**

- Social: To encourage others to keep trying.
- Emotional: To explore skills before asking for help.
- Thinking: To know when and why I succeed.

### **Vocabulary**

exercise, bones, strong, muscles

## **Medium Term Plan: Supporting Implementation of**

Session 6 – To develop my understanding of the importance of daily exercise.

### **Success Criteria:**

- Try your best in the challenges you are set.

### **Whole Child Objectives:**

- Social: To use kind words.
- Emotional: To want to complete the challenges and tasks set for me.
- Thinking: To use key words to give people feedback.

### **Vocabulary**

active, busy, calm, mood, healthy, brain, heart, lungs, memory, exercise

### **Future learning this content supports:**

This unit will support future fitness and athletics units throughout KS1 and KS2. It will also support them during their summer topics helping them to transfer some key skill across. Pupils will have improved their balance, running, jumping, co-ordination, stamina, strength, agility, which will be used throughout both summer units. These skills will also be essential to sports in KS2 such as football, basketball, rounders, cricket, dance, hockey and tag rugby.