

Medium Term Plan: Supporting Implementation of

Subject: Year 1 Summer 1 - Athletics:

In this unit pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.

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, balance, agility, co-ordination, hop, jump, leap, throw
- Social: work safely, collaboration
- Emotional: perseverance, independence, honesty, determination
- Thinking: reflection, comprehension, select and apply skills

Prior Learning (what pupils already know and can do)

- Use big steps to run.
- Use small steps to stop.
- Move into space away from others for safety.
- Bend their knees when jumping to land safely.

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

- Able to throw towards a target.
- Begin to show balance and co-ordination when changing direction.
- Developing overarm throwing.
- To recognise changes in my body when I do exercise.
- To run at different speeds.
- To work with others and make safe choices.
- Try their best.
- Able to understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Key Vocabulary

Balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk

Session 1 – To move at different speeds over varying distances.

Success Criteria

- Run using opposite leg forward to arm.
- Take bigger strides when running faster.
- Use a slower pace for longer distances.

Whole Child Objectives

- Social: To make safe decisions when moving around others.
- Emotional: To persevere when things get hard.
- Thinking: To reflect on how different exercises affect the body.

Vocabulary:

Control, direction, jog, jump, time, walk

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Session 2 – To develop balance.

Success Criteria:

- Jump and land with soft knees.
- Keep your chest up whilst moving.
- Move slowly to help you maintain balance.

Whole Child Objectives:

- Social: To make safe decisions when moving around others.
- Emotional: To work independently.
- Thinking: To identify what helped me to maintain balance.

Vocabulary

Balance, control, hop, time

Session 3 –To develop changing direction quickly.

Success Criteria:

- Bend low and push off quickly to change direction.
- Keep your chest up whilst moving.
- Keep your feet shoulder width apart when changing direction.

Whole Child Objectives:

- Social: To make safe decisions when moving around others.
- Emotional: To play to the rules.
- Thinking: To identify what helps me to change direction.

Vocabulary

Direction, control, quickly, bend, safely, time

Session 4 - To explore hopping, jumping and leaping for distance.

Success Criteria:

- Bend your knees and land with control.
- Look forwards as you jump.
- Swing your arms forward when jumping.

Whole Child Objectives:

- Social: To be aware of others and move around safely.
- Emotional: To work to my personal best.
- Thinking: To understand that landing on the balls of my feet helps me to land with control.

Vocabulary

Hop, jump, balance, control, safely, leap

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Session 5 –To develop throwing for distance.

Success Criteria:

- Step forward with opposite foot to throwing arm.
- Throw with a balanced stance.
- Use an underarm throw for a short distance and an overarm throw for a further distance.

Whole Child Objectives:

- Social: To work safely showing an awareness of others.
- Emotional: To show determination to improve on my previous throw.
- Thinking: To choose a throw that will make it harder for the opposition to return.

Vocabulary

Safely, distance, balance, underarm, overarm

Session 6 – To develop throwing for accuracy.

Success Criteria:

- Increase the swing of your arm to throw the beanbag further.
- Point your hand at your target after you throw.
- Step forward with opposite foot to throwing arm.

Whole Child Objectives:

- Social: To work collaboratively with others.
- Emotional: To show determination to achieve my personal best.
- Thinking: To understand that where my hand releases an object has an effect on the throw.

Vocabulary

Safely, distance, balance, underarm, overarm, target, further

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, speed, coordination, strength and ability to change direction which will be used throughout the summer units. These skills will also be essential to sports in KS2 such as football, basketball, rounders, cricket, dance, hockey and tag rugby.