

Medium Term Plan: Supporting Implementation of

Subject: Year 1 Autumn 1 – Fundamental Skills:

In this unit pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas

N/C links:

- master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.

Key skills:

- Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination
- Social: collaboration, work safely, support others
- Emotional: determination, self-regulation, honesty, perseverance
- Thinking: comprehension, select and apply skills

Prior Learning (what pupils already know and can do)

- Use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.
- To hold their arms out to help them to balance.
- Know that bending their knees will help them to land safely.
- Know that if they hop then step that will help them to use skipping as a travelling action.
- Know that to hop they will use one foot.

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

- To change direction when moving at speed.
- To recognise changes in my body when I do exercise.
- To run at different speeds.
- To select my own actions in response to a task.
- To show hopping and jumping movements.
- To work co-operatively with others to complete tasks.
- To show balance and co-ordination when static and moving at a slow speed.

Key Vocabulary

Bend, direction, dodge, fast, hop, jog, jump, land, ready, position, skip, challenge, swing

Session 1 – To explore balance, stability and landing safely.

Success Criteria

- Look ahead when you land.
- Show hopping and jumping movements with soft bent knees.

Whole Child Objectives

- Social: To interact with other pupils in the class.
- Emotional: To challenge myself.
- Thinking: To use the teaching points to help me to improve.

Vocabulary

Bend, fast, hop, land, jump

Session 2 - To explore how the body moves differently when running at different speeds.

Success Criteria:

- Keep a steady breath.
- Move your arms faster to help you to move forward quickly.
- Run on the balls of your feet.

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Whole Child Objectives:

- Social: To show an awareness of others when moving around.
- Emotional: To control my emotions.
- Thinking: To identify the difference between walking, jogging, and sprinting.

Vocabulary

Fast, jog, jump

Session 3 –To explore changing direction and dodging.

Success Criteria:

- Decide which direction you are going to move into.
- Move your feet to change direction.
- Push off in a new direction, staying on balance.

Whole Child Objectives:

- Social: To move around whilst keeping myself and others safe.
- Emotional: To play honestly and abide by the rules.
- Thinking: To listen to the instructions and understand what to do.

Vocabulary

Direction, dodge, jump, hop

Session 4 - To explore jumping, hopping and skipping actions.

Success Criteria:

- Land on the balls of your feet to stay balanced.
- Move from one foot to another with soft bent knees.
- Swing your arms to help you move forwards.

Whole Child Objectives:

- Social: To support and encourage others.
- Emotional: To challenge myself to get the best score for me.
- Thinking: To identify what movement to choose to succeed in the task.

Hop video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24315>

Jump video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12235>

Vocabulary

Jump, bend, hop, skip

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Session 5 –To explore co-ordination and combination jumps.

Success Criteria:

- Bend your knees to jump and land.
- Count in time to the beat 1,2,3,4.
- Keep your body upright.

Whole Child Objectives:

- Social: To help others with the task.
- Emotional: To persevere when learning something new.
- Thinking: To listen to and follow instructions accurately.

French skipping video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12239>

Vocabulary

Bend, jump, land

Session 6 – To explore combination jumping and skipping in an individual rope.

Success Criteria:

- Keep your body upright.
- Lift the rope over your head to your feet.
- Turn the rope from your wrists.

Whole Child Objectives:

- Social: To praise others in the class.
- Emotional: To take my time and not give up when I am find something hard.
- Thinking: To use the teaching points to help me to improve.

Individual skipping video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12238>

Vocabulary

Jump, skip, challenge, swing

Future learning this content supports:

This unit will support children with fundamentals in Year 2. Due to having a variety of events taught throughout this unit, pupils will have gained a broad range of skills that will be transferred across units they encounter in the future. Pupils will have improved their balance, speed, strength and ability to change direction. These skills will also be essential during their participation of various sports across KS2 such as football, rugby, basketball, rounders etc.