

## Medium Term Plan: Supporting Implementation of

**Subject:** Year 2 Autumn 1 – Fundamental Skills:

In this unit pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to 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: run, speed, agility, dodge, balance, jump, hop, skip
- Social: collaboration, respect, take turns, communication, encourage others
- Emotional: determination, honesty, perseverance
- Thinking: comprehension, make decisions, creativity, use tactics, recall

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

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

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

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping race.
- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I show balance and co-ordination when running at different speeds.

### **Key Vocabulary**

Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight

Session 1 – To explore how the body moves when running at different speeds.

### **Success Criteria**

- Run on the balls of your feet.
- Use your arms to help to move you forwards.

### **Whole Child Objectives**

- Social: To decide with a partner which route to take.
- Emotional: To try my best and not give up.
- Thinking: To identify differences between jogging and sprinting.

Session 2 – To develop changing direction and dodging.

### **Success Criteria:**

- Push off strongly in a new direction.
- Turn your body to face a new direction.

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### **Whole Child Objectives:**

- Social: To show respect for others by playing within the rules.
- Emotional: To play honestly, returning to the start line if caught.
- Thinking: To make quick decisions when playing games.

Session 3 – To develop balance, stability and landing safely.

### **Success Criteria:**

- Hold your arms out and focus on something still to help you balance.
- Look ahead and land with bent knees.

### **Whole Child Objectives:**

- Social: To take turns with others when sharing equipment.
- Emotional: To work to the best of my ability.
- Thinking: To create a jumping pattern with different take offs and landings.

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

### **Success Criteria:**

- Bend your knees when jumping and landing.
- Look ahead and land with bent knees.

### **Whole Child Objectives:**

- Social: To communicate with others to decide who to try and tag.
- Emotional: To challenge myself to beat my lowest score.
- Thinking: To discuss and identify which action is best to get across the stream in the lowest number of jumps/hops/skips.

Session 5 –To develop co-ordination and combining jumps.

### **Success Criteria:**

- Keep your body upright.
- Remember the rhythm – jump, bend, jump, bend.

### **Whole Child Objectives:**

- Social: To work with others, taking turns and helping them to remember the actions.
- Emotional: To persevere with new challenges.
- Thinking: To copy, link and remember actions.

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

### **Success Criteria:**

- Stand up tall.
- Turn the rope first and then jump.

### **Whole Child Objectives:**

- Social: To encourage others to keep trying.

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- Emotional: To persevere with the skipping challenges even if I find them difficult.
- Thinking: To use the teaching points to help me to improve.

**Future learning this content supports:**