



THE SULTAN'S SCHOOL

YEAR 1 - MEDIUM TERM PLANNING 2021-2022

PRIMARY PHYSICAL EDUCATION DEPARTMENT

Mrs. Sarnel

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
	Health & well being	<ul style="list-style-type: none"> Increase physical activity following a long period of inactivity Improve mental, emotional & social wellbeing following a long period of isolation Improve awareness of healthy habits, including nutrition, hydration and sleep 	Throughout this unit of work the areas of focus within lessons are: <u>Outdoor Adventurous Activities:</u> <ul style="list-style-type: none"> Walking/ Jogging (Step challenge) Scavenger hunts (various themes) <u>Health & Wellbeing areas of focus (discussion time built into lessons):</u> <ul style="list-style-type: none"> Physical activity & fitness <ul style="list-style-type: none"> Understand the importance of staying physically active Diet, Hydration & Sleep <ul style="list-style-type: none"> What does a healthy and balanced diet look like? Mental & emotional wellbeing <ul style="list-style-type: none"> The importance of treating others with care and respect 	Health Fitness Physical Activity Wellbeing Physical Mental Social Emotional Feelings Happiness Sad Frustration Care Respect Diet

			<ul style="list-style-type: none"> • Social wellbeing <ul style="list-style-type: none"> ○ Listening to and valuing others opinions 	Hydration Sleep Healthy habits
	Ball skills	<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 partner and in small groups; using a range of ball sizes and hardness’s across various exercises. 	Throughout this unit of work the areas of focus within lessons are: Development of Hand Eye skills Bouncing Catching Throwing rolling	Control Preparing Bouncing Catching Practising Throwing Rolling
	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 shapes and balances firstly on the floor and then progress to using apparatus. • Pupils will incorporate control and levels into simple sequences by linking movements together. • Pupils will progressively learn 	Throughout this unit of work the areas of focus within lessons are: Travelling Body Shapes Supporting body weight Transferring body weight Body Shape balancing Sequencing & Routine	Flow Slide Pull Roll Shape Routine Turn stretch explosive under over

		how to lift and lay out apparatus safely.		
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</p> <p>Jumping</p> <p>Pushing</p> <p>Pulling</p> <p>throwing</p> <p>stance</p> <p>accuracy</p> <p>power</p> <p>speed</p> <p>balance</p>
	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>Ball familiarisation</p> <p>Travelling with and without ball</p> <p>Passing</p> <p>Space</p> <p>Rules & Scoring</p>	<p>Movement</p> <p>Control</p> <p>Space</p> <p>Tactics</p> <p>Positioning</p> <p>Triangles</p> <p>Rules</p> <p>Chest Pass</p> <p>Bounce pass</p> <p>Target</p>

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>	<p>Pacing</p> <p>Start</p> <p>Middle</p> <p>end</p> <p>Technique</p> <p>Stamina</p> <p>Fitness</p>
	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>	<p>Batting</p> <p>fielding</p> <p>bowling</p> <p>sending</p> <p>receiving</p> <p>throwing</p> <p>catching</p> <p>scoring</p>

4	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>	<p>Target</p> <p>Aiming</p> <p>Accuracy</p> <p>Power</p> <p>Throwing</p> <p>Sliding</p> <p>Bowling</p> <p>Release</p> <p>grip</p>
	Net/Wall games	<ul style="list-style-type: none"> Skills – I can consistently and safely send and return an object over a net or wall into open space. Strategies and Rules – I can safely apply knowledge of rules and strategies of games/activities. Participation – I can participate consistently and safely on a regular basis. Fitness – I can safely apply speed, agility, flexibility, cardiovascular fitness, and strength to an activity. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Patial awareness</p> <p style="text-align: center;">Court positioning</p> <p style="text-align: center;">Change of direction</p> <p style="text-align: center;">Sending an object</p> <p style="text-align: center;">Receiving an object Trajectory</p> <p style="text-align: center;">Depth of boundaries</p> <p style="text-align: center;">Speed & Agility</p> <p style="text-align: center;">Endurance</p> <p style="text-align: center;">Strength</p>	<p>Movement</p> <p>Control</p> <p>Space</p> <p>Positioning</p> <p>Rules</p> <p>Object placement</p> <p>Anticipation/read</p> <p>opponent</p> <p>Timing</p> <p>Teamwork/cooperation</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</p> <p style="text-align: center;">Working together</p> <p style="text-align: center;">Fun</p>	<p>Team work</p> <p>Working together</p>

	<p style="text-align: center;">Multi Skills</p>	<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 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Agility and Relays</p> <p style="text-align: center;">Collecting and throwing</p> <p style="text-align: center;">Catching</p> <p style="text-align: center;">Movement and Balance</p> <p style="text-align: center;">Chasing and evading</p> <p style="text-align: center;">Assessment and recap</p>	<p style="text-align: center;">Relay running stopping jumping chasing dodging throwing balancing fielding</p>
<p style="text-align: center;">5</p>	<p style="text-align: center;">Swimming</p>	<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 style="text-align: center;">Enter & exit shallow water safely from poolside</p> <p style="text-align: center;">Move across the pool with water at shoulder height</p> <p style="text-align: center;">Submerge face in water & blow bubbles 3s</p> <p style="text-align: center;">Floating front & back with little support</p> <p style="text-align: center;">Push & Glide on front using floating device</p> <p style="text-align: center;">Push & Glide on back using floating device</p> <p style="text-align: center;">Travel on front using floating device (front crawl Kick)</p> <p style="text-align: center;">Pencil jump, twist and exit pool safely with support</p>	<p style="text-align: center;">Body position Breathing Inhale Exhale Dive Bubbles Kicking Floating Floppy feet</p>

