



## TSS Primary PE 2021-2022 Year 1 MTPs

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
1	Communication Games	<ul style="list-style-type: none"> <li>Pupils will learn to develop good listening skills, good classroom management as well as improved coordination and social skills.</li> <li>To introduce and reinforce expectations of KS1.</li> </ul>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> <li>Stop look listen</li> <li>Listening and Fairplay</li> <li>Recalling and following instructions</li> <li>Working with others</li> </ul>	Running, changing speed, direction, bounce, balance, hopping Movement Control WALT WILF
	Health & well being	<ul style="list-style-type: none"> <li>Increase physical activity following a long period of inactivity</li> <li>Improve mental, emotional &amp; social wellbeing following a long period of isolation</li> <li>Improve awareness of healthy habits, including nutrition, hydration and sleep</li> </ul>	Throughout this unit of work the areas of focus within lessons are: <p><b>Outdoor Adventurous Activities:</b></p> <ul style="list-style-type: none"> <li>Walking/ Jogging (Step challenge)</li> <li>Scavenger hunts (various themes)</li> </ul> <p><b>Health &amp; Wellbeing areas of focus (discussion time built into lessons):</b></p> <ul style="list-style-type: none"> <li>Physical activity &amp; fitness               <ul style="list-style-type: none"> <li>Understand the importance of staying physically active</li> </ul> </li> <li>Diet, Hydration &amp; Sleep               <ul style="list-style-type: none"> <li>What does a healthy and balanced diet look like?</li> </ul> </li> <li>Mental &amp; emotional wellbeing               <ul style="list-style-type: none"> <li>The importance of treating others with care and respect</li> </ul> </li> <li>Social wellbeing               <ul style="list-style-type: none"> <li>Listening to and valuing others opinions</li> </ul> </li> </ul>	Health Fitness Physical Activity Wellbeing Physical Mental Social Emotional Feelings Happiness Sad Frustration Care Respect Diet Hydration Sleep Healthy habits
	Ball skills	<ul style="list-style-type: none"> <li>Activities which develop student ability through combining/performing 'two or more skills at the same time', using the hands and eyes.</li> <li>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</li> </ul>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> <li>Development of Hand Eye skills</li> <li>Bouncing</li> <li>Catching</li> <li>Throwing</li> </ul>	Control Preparing Bouncing Catching Practising Throwing Rolling

2		exercises.	<ul style="list-style-type: none"> <li>• Rolling</li> </ul>	
	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Pupils will be introduced to and develop body management skills.</li> <li>• 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.</li> <li>• Pupils will incorporate control and levels into simple sequences by linking movements together.</li> <li>• Pupils will progressively learn how to lift and lay out apparatus safely.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Travelling</li> <li>• Body Shapes</li> <li>• Supporting body weight</li> <li>• Transferring body weight</li> <li>• Body Shape balancing</li> <li>• Sequencing &amp; Routine</li> </ul>	<p>Flow</p> <p>Slide</p> <p>Pull</p> <p>Roll</p> <p>Shape</p> <p>Routine</p> <p>Turn</p> <p>stretch</p> <p>explosive</p> <p>under</p> <p>over</p>
	<b>Athletics</b>	<ul style="list-style-type: none"> <li>• In this unit pupils will experience simple modified running, jumping and throwing activities.</li> <li>• Pupils will accurately replicate running challenges and competitions that require speed and stamina.</li> <li>• In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance.</li> <li>• Pupils will develop the ability follow rules safely and handle equipment correctly.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Sprint Running</li> <li>• Running (Relays)</li> <li>• Jumping- Long jump</li> <li>• Throwing – Bean bag Accuracy</li> <li>• Throwing - bean bag distance</li> <li>• Egg and spoon (balance)</li> <li>• Hurdles</li> </ul>	<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>
	<b>Invasion Games Skills</b>	<ul style="list-style-type: none"> <li>• Pupils will focus on developing game skills with some fluency and accuracy, using a range of throwing and catching techniques.</li> <li>• Pupils will develop a basic understanding of movement, keeping possession of the ball as a team, and getting into space.</li> <li>• To keep and run a basic game using a set of rules.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Travelling with and without ball</li> <li>• Passing</li> <li>• Space</li> <li>• Rules &amp; Scoring</li> </ul>	<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	<b>Cross Country</b>	<ul style="list-style-type: none"> <li>• Students will focus on developing their basic running technique,</li> <li>• Look at understanding of a three part race.</li> <li>• 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.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Running Technique</li> <li>• Basic Pacing</li> <li>• 3 part race</li> <li>• How the body feels</li> <li>• Stamina</li> </ul>	<p>Pacing</p> <p>Start</p> <p>Middle</p> <p>end</p> <p>Technique</p> <p>Stamina</p> <p>Fitness</p>

	<p><b>Striking &amp; Fielding</b></p>	<ul style="list-style-type: none"> <li>• Pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play.</li> <li>• In all games activities, pupils will learn core skills relevant to striking and fielding games, including sending, receiving, batting and bowling &amp; chasing.</li> <li>• Pupils will begin to make use of space and start to think about outwitting an opponent.</li> <li>• Will begin to watch and describe others' performances, as well as their own.</li> <li>• To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Throwing and catch basics</li> <li>• Anticipation skills</li> <li>• Grip and ready position</li> <li>• Striking skills</li> <li>• Conditioned games</li> </ul>	<p>Batting fielding bowling sending receiving throwing catching scoring</p>
4	<p><b>Target games</b></p>	<ul style="list-style-type: none"> <li>• To develop the students hand-eye and foot-eye co-ordination through activities where the students' aim at a target.</li> <li>• Pace, control and accuracy of skill delivery are key development elements in this activity area.</li> <li>• Body position and weight transference/balance will also be developed in this unit.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Targeting</li> <li>• Aiming/power</li> <li>• Underarm/overarm</li> <li>• Curling &amp; bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Target</li> <li>• Aiming</li> <li>• Accuracy</li> <li>• Power</li> <li>• Throwing</li> <li>• Sliding</li> <li>• Bowling</li> <li>• Release</li> <li>• grip</li> </ul>
	<p><b>Net/Wall games</b></p>	<ul style="list-style-type: none"> <li>• Skills – I can consistently and safely send and return an object over a net or wall into open space.</li> <li>• Strategies and Rules – I can safely apply knowledge of rules and strategies of games/activities.</li> <li>• Participation – I can participate consistently and safely on a regular basis.</li> <li>• Fitness – I can safely apply speed, agility, flexibility, cardiovascular fitness, and strength to an activity.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Spatial awareness</li> <li>• Court positioning</li> <li>• Change of direction</li> <li>• Sending an object</li> <li>• Receiving an object Trajectory</li> <li>• Depth of boundaries</li> <li>• Speed &amp; Agility</li> <li>• Endurance</li> <li>• Strength</li> </ul>	<p>Movement Control Space Positioning Rules Object placement Anticipation/read opponent Timing Teamwork/cooperation</p>
	<p><b>Mixed games/Parachute games</b></p>	<ul style="list-style-type: none"> <li>• During the last few lessons Pupils will recap some games and activities that they have performed throughout the year.</li> <li>• They will play some group parachute games</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Team work</li> <li>• Working together</li> <li>• Fun</li> </ul>	<p>Team work Working together</p>

5	Multi Skills	<ul style="list-style-type: none"> <li>• Pupils will experience working with a variety of equipment and to explore individual skills during play.</li> <li>• In all games activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing and dodging.</li> <li>• Pupils will learn to use space and develop agility and balance skills</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Agility and Relays</li> <li>• Collecting and throwing</li> <li>• Catching</li> <li>• Movement and Balance</li> <li>• Chasing and evading</li> <li>• Assessment and recap</li> </ul>	<p>Relay running stopping jumping chasing dodging throwing balancing fielding</p>
	Swimming	<ul style="list-style-type: none"> <li>• Students will be developing and refine swimming skills gained from KG. In line with the Level Dory swimming assessment Criteria.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Enter &amp; exit shallow water safely from poolside</li> <li>• Move across the pool with water at shoulder height</li> <li>• Submerge face in water &amp; blow bubbles 3s</li> <li>• Floating front &amp; back with little support</li> <li>• Push &amp; Glide on front using floating device</li> <li>• Push &amp; Glide on back using floating device</li> <li>• Travel on front using floating device (front crawl Kick)</li> <li>• Pencil jump, twist and exit pool safely with support</li> </ul>	<p>Body position Breathing Inhale Exhale Dive Bubbles Kicking Floating Floppy feet</p>

