



## TSS Primary PE MTP 2022-2023

### Year 1

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
<b>Block 1</b>			
<b>Multi-skills</b>	<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 game's 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>	Throughout this unit of work the areas of focus within lessons are: <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>	<ul style="list-style-type: none"><li>• Relay</li><li>• running</li><li>• stopping</li><li>• jumping</li><li>• chasing</li><li>• dodging</li><li>• throwing</li><li>• balancing</li><li>• fielding</li></ul>
<b>Swimming</b>	<ul style="list-style-type: none"><li>• Students will be developing and refine swimming skills gained from KG. In line with the Level 1 swimming assessment Criteria.</li></ul>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"><li>• Enter &amp; exit water safely from poolside</li><li>• Move across the pool with confidence</li><li>• Scoop water &amp; wash the face</li><li>• Floating on front with support</li><li>• Floating on back with support</li><li>• Push &amp; Glide type action on front using floating device</li><li>• Kick on side of pool (legs extended, toes pointing down)</li><li>• Retrieve objects with support</li><li>• Give examples of two pool rules</li></ul>	<ul style="list-style-type: none"><li>• Body position</li><li>• Breathing</li><li>• Inhale</li><li>• Exhale</li><li>• Dive</li><li>• Bubbles</li><li>• Kicking</li><li>• Floating</li><li>• Floppy feet</li></ul>
<b>Block 2</b>			
<b>Athletics &amp; Endurance run</b>	<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>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"><li>• 50m Sprint</li><li>• Long Jump</li><li>• Hurdle run</li><li>• Beanbag distance throw</li><li>• Team relay</li><li>• Endurance Run</li><li>• Team Agility course</li></ul>	<ul style="list-style-type: none"><li>• Running</li><li>• Jumping</li><li>• Pushing</li><li>• Pulling</li><li>• throwing</li><li>• stance</li><li>• accuracy</li><li>• power</li><li>• speed</li><li>• balance</li></ul>



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	<b>Endurance run</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>	Areas of focus within lessons for endurance run are: <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>	<ul style="list-style-type: none"><li>• Pacing</li><li>• Start</li><li>• Middle</li><li>• end</li><li>• Technique</li><li>• Stamina</li><li>• Fitness</li></ul>
<b>Invasion Games</b>	<ul style="list-style-type: none"><li>• Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques.</li><li>• In all game's activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.</li><li>• Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve.</li><li>• To keep and run a game using a set of rules.</li></ul>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"><li>• Ball familiarisation</li><li>• Passing and moving</li><li>• Attacking and Defending</li><li>• Space</li><li>• Gameplay</li><li>• Rules &amp; Scoring</li></ul>	<ul style="list-style-type: none"><li>• Movement</li><li>• Control</li><li>• Space</li><li>• Tactics</li><li>• Attacking</li><li>• Defending</li><li>• Positioning</li><li>• Triangles</li><li>• Rules</li><li>• Chest Pass</li><li>• Bounce pass</li><li>• Target</li><li>• Teamwork</li></ul>
<b>Block 3</b>			
<b>Striking &amp; fielding</b>	<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 game's 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>	<ul style="list-style-type: none"><li>• Throughout this unit of work the areas of focus within lessons are:</li><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>	<ul style="list-style-type: none"><li>• Batting</li><li>• fielding</li><li>• bowling</li><li>• sending</li><li>• receiving</li><li>• throwing</li><li>• catching</li><li>• scoring</li></ul>



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<b>Target games</b>	<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 game's activities, pupils will learn core skills relevant to Target games, throwing/kicking/hitting towards a target.</li><li>• Pupils will learn to score points by reaching different targets.</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>	<ul style="list-style-type: none"><li>• Throughout this unit of work the areas of focus within lessons are:</li><li>• Throwing/hitting/kicking towards a target</li><li>• Anticipation skills</li><li>• Ready position</li><li>• Aiming</li><li>• Mixed games</li></ul>	<ul style="list-style-type: none"><li>• Batting</li><li>• Timing</li><li>• Rolling</li><li>• sending</li><li>• Accuracy</li><li>• throwing</li><li>• Aiming</li><li>• scoring</li></ul>
<b>Block 4</b>			
<b>Multi-skills</b>	<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 game's 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>	<ul style="list-style-type: none"><li>• Relay</li><li>• running</li><li>• stopping</li><li>• jumping</li><li>• chasing</li><li>• dodging</li><li>• throwing</li><li>• balancing</li><li>• fielding</li></ul>
<b>Net &amp; wall games</b>	<ul style="list-style-type: none"><li>• Develop competence to excel in a broad range of physical activities</li><li>• Becoming physically active for sustained periods of time engage in competitive sports and activities</li><li>• Reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour</li><li>• Generate and implement ideas, plans and strategies, exploring alternatives</li></ul>	<ul style="list-style-type: none"><li>• Explore basic skills, actions and ideas with increasing understanding. Repeat simple skills and actions with increasing control and coordination.</li><li>• Ball familiarisation &amp; Ready position</li><li>• Footwork and movement</li><li>• Catching &amp; throwing (Volleying and digging)</li><li>• Game play</li><li>• Rules and scoring</li></ul>	<ul style="list-style-type: none"><li>• Stop</li><li>• Start</li><li>• Target</li><li>• sending,</li><li>• receiving</li><li>• anticipation</li><li>• scoring.</li><li>• Ready position</li><li>• Stance</li><li>• movement</li></ul>



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	<ul style="list-style-type: none"><li>• Move with ease, poise, stability and control in a range of physical contexts</li></ul>		<ul style="list-style-type: none"><li>• preparation</li><li>• Teamwork</li><li>• Communication</li></ul>
<b>Block 5</b>			
<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>	<ul style="list-style-type: none"><li>• Flow</li><li>• Slide</li><li>• Pull</li><li>• Roll</li><li>• Shape</li><li>• Routine</li><li>• Turn</li><li>• stretch</li><li>• explosive</li><li>• under</li><li>• over</li></ul>
<b>Block 6</b>			
<b>Invasion games</b>	<ul style="list-style-type: none"><li>• Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques.</li><li>• In all game's activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.</li><li>• Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve.</li><li>• To keep and run a 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>• Passing and moving</li><li>• Attacking and Defending</li><li>• Space</li><li>• Gameplay</li><li>• Rules &amp; Scoring</li></ul>	<ul style="list-style-type: none"><li>• Movement</li><li>• Control</li><li>• Space</li><li>• Tactics</li><li>• Attacking</li><li>• Defending</li><li>• Positioning</li><li>• Triangles</li><li>• Rules</li><li>• Chest Pass</li><li>• Bounce pass</li><li>• Target</li><li>• Teamwork</li></ul>



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