



TSS Primary PE MTP 2023-2024 Year 1

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



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	<ul style="list-style-type: none"> • Pupils will develop the ability follow rules safely and handle equipment correctly. <p>Endurance run</p> <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. 	<ul style="list-style-type: none"> • Team Agility course <p>Areas of focus within lessons for endurance run are:</p> <ul style="list-style-type: none"> • Running Technique • Basic Pacing • 3-part race • How the body feels • Stamina 	<ul style="list-style-type: none"> • speed • balance • Pacing • Start • Middle • end • Technique • Stamina • Fitness
<p>Target games</p>	<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 game's activities, pupils will learn core skills relevant to Target games, throwing/kicking/hitting towards a target. • Pupils will learn to score points by reaching different targets. • 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. 	<ul style="list-style-type: none"> • Throughout this unit of work the areas of focus within lessons are: • Throwing/hitting/kicking towards a target • Anticipation skills • Ready position • Aiming • Mixed games 	<ul style="list-style-type: none"> • Batting • Timing • Rolling • sending • Accuracy • throwing • Aiming • scoring
Block 3			
<p>Striking & fielding</p>	<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 game's 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. 	<ul style="list-style-type: none"> • Throughout this unit of work the areas of focus within lessons are: • Throwing and catch basics • Anticipation skills • Grip and ready position • Striking skills • Conditioned games 	<ul style="list-style-type: none"> • Batting • fielding • bowling • sending • receiving • throwing • catching • scoring



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Invasion Games	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques. • 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. • Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. • To keep and run a game using a set of rules. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Ball familiarisation • Passing and moving • Attacking and Defending • Space • Gameplay • Rules & Scoring 	<ul style="list-style-type: none"> • Movement • Control • Space • Tactics • Attacking • Defending • Positioning • Triangles • Rules • Chest Pass • Bounce pass • Target • Teamwork
Block 4			
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 how to lift and lay out apparatus safely. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Travelling • Body Shapes • Supporting body weight • Transferring body weight • Body Shape balancing • Sequencing & Routine 	<ul style="list-style-type: none"> • Flow • Slide • Pull • Roll • Shape • Routine • Turn • stretch • explosive • under • over
Net & wall games	<ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Becoming physically active for sustained periods of time engage in competitive sports and activities 	<ul style="list-style-type: none"> • Explore basic skills, actions and ideas with increasing understanding. Repeat simple skills and actions with increasing control and coordination. • Ball familiarisation & Ready position 	<ul style="list-style-type: none"> • Stop • Start • Target • sending,



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	<ul style="list-style-type: none"> • Reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour • Generate and implement ideas, plans and strategies, exploring alternatives • Move with ease, poise, stability and control in a range of physical contexts 	<ul style="list-style-type: none"> • Footwork and movement • Catching & throwing (Volleying and digging) • Game play • Rules and scoring 	<ul style="list-style-type: none"> • receiving • anticipation • scoring. • Ready position • Stance • movement • preparation • Teamwork • Communication
Block 5			
Racquet games	<ul style="list-style-type: none"> • Pupils will focus on developing game play with some fluency and accuracy, using a range striking techniques. • 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 and getting into positions to score. • Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. • To keep and run a game using a set of rules. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Ball familiarisation • Striking and moving • Attacking and Defending • Space • Gameplay • Rules & Scoring 	<ul style="list-style-type: none"> • Movement • Control • Space • Tactics • Attacking • Defending • Positioning • Opponent • Rules • Striking • Shot selection (forehand, back hand, serve) • Bounce pass • Target
Swimming	<ul style="list-style-type: none"> • Students will be developing and refine swimming skills gained from KG. In line with the Level 1 swimming assessment Criteria. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Enter & exit water safely from poolside 	<ul style="list-style-type: none"> • Body position • Breathing • Inhale • Exhale



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		<ul style="list-style-type: none">• Move across the pool with confidence• Scoop water & wash the face• Floating on front with support• Floating on back with support• Push & Glide type action on front using floating device• Kick on side of pool (legs extended, toes pointing down)• Retrieve objects with support• Give examples of two pool rules	<ul style="list-style-type: none">• Dive• Bubbles• Kicking• Floating• Floppy feet
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