



AGS – Year 1 Medium Term Curriculum Plan

Physical Education



Block/ Weeks	Unit/Activity	Key Targets and Learning objectives	Activities	Key Vocabulary	SAL
1	Intro Games	<ul style="list-style-type: none"> • Pupils will learn to develop good listening skills, good classroom management, PE routines and social skills outside of their classrooms. • To introduce and reinforce the expectations of KS1 	<p>Over the course of the unit areas of focus within lessons:</p> <p style="padding-left: 40px;">Stop, Look, Listen Listening and Fairplay Recalling and Following instructions Working with others</p>	<p>Running, Changing Speed, Direction, Balance Hopping, Jumping Control Objective WALT WILF</p>	<p>Physical Competencies Gross & Fine motor skills Kinesthetic Awareness Balance & Control</p> <p>Cognitive skills Focus & Concentration Decision Making</p> <p>Personal Qualities Confidence & Self esteem Determination & Resilience Respect & Tolerance Communication</p> <p>Physical Fitness Stamina Speed</p>



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2	Ball Skills	<ul style="list-style-type: none"> Pupils will focus on developing ball skills showing control with some fluency and accuracy, using a range of sending and receiving techniques using different parts of the body/pieces of equipment. Pupils will develop and understanding of the movement, maintaining possession of the ball as an individual or as a team and moving into space. Show understanding of basic games and following the rules. 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Ball Familiarisation Travelling with and without the ball Sending & Receiving Space Rules and Scoring 	<ul style="list-style-type: none"> Control Balance Coordination Space Power Accuracy Footwork Stopping Move 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Balance & Control <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making Creativity <p>Personal Qualities</p> <ul style="list-style-type: none"> Responsibility & Leadership Respect & Tolerance Communication <p>Physical Fitness</p> <ul style="list-style-type: none"> Core Stability & Strength Flexibility
	Coordination and Balance (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 using apparatus. Pupils will progressively learn how to lift, move and 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Travelling Body Shapes Transferring and controlling bodyweight Balances (Individual and Partner) Sequencing and Routine 	<ul style="list-style-type: none"> Flow Slide Pull Roll Shape Routine Turn Stretch Under Over 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Kinaesthetic Awareness Balance & Control <p>Coordination & Fluency</p>



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		lay out apparatus safely with supervision from Teaching and Support Staff.			<p>Rhythm & Timing</p> <p>Cognitive skills Focus & Concentration Creativity</p> <p>Personal Qualities</p> <p>Confidence & Self esteem Determination & Resilience</p> <p>Physical Fitness Core Stability & Strength Flexibility</p>
	Sports Day Prep/ 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 appropriate to the age range. In all athletic based activities pupils will engage in performing skills and measuring outcomes as a marker for performance. 	<p>Over the course of the unit areas of focus within lessons:</p> <p>Sprint Running Relays Jumping – High and Long Throwing for Accuracy Throwing for distance Balance Hurdles</p>	<p>Running Jumping Pushing Pulling Throwing Stance Accuracy Ready position Power Speed Balance</p>	<p>Physical Competencies Gross & Fine motor skills Kinaesthetic Awareness</p> <p>Cognitive skills Focus & Concentration</p> <p>Personal Qualities Motivation Confidence & Self esteem Determination & Resilience</p>



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		<ul style="list-style-type: none"> • Pupils will develop the ability to follow rules safely and handle equipment correctly. • Pupils practice will culminate in a KS1 Sports day based on all students competing at a number of stations. 			Communication Physical Fitness Stamina Speed
	Invasion Games	<ul style="list-style-type: none"> • Pupils look to build on aspects of previous ball games using invasion tactics • Catching and passing with the concept of the ball going backwards • Pupils use the idea of developing footwork and balance to beat a defender and run in to space. 	All focuses are dependent on student ability. Evading opposition Giving and receiving a pass Maintain possession and moving forward with the ball Following basic rules/concepts of rugby	Catch Pass Space Target Evasion Step Acceleration	Physical Competencies Gross & Fine motor skills Coordination & Fluency Rhythm & Timing Cognitive skills Decision Making Problem Solving Personal Qualities Motivation



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				Confidence & Self esteem Determination & Resilience Physical Fitness Stamina Speed Core Stability & Strength
Benchball/Basketball/Handball	<ul style="list-style-type: none"> Pupils will look in the concept of basic/simplified ball games such as benchball, basketball and handball. Pupils will look to maintain possession of a moving ball Pupils will look at the concept of getting a ball towards a target e.g. scoring zone. Pupils will be introduced to the concepts of basic attack and defense. Pupils will look at elements of teamwork in passing the ball. 	Over the course of the unit areas of focus within lessons: Developing Hand eye coordination Bouncing/Dribbling Catching Throwing	Underarm Overarm Chest pass Control Preparing Bouncing Catching Throwing Target	Physical Competencies Gross & Fine motor skills Kinaesthetic Awareness Balance & Control Cognitive skills Decision Making Problem Solving Personal Qualities Determination & Resilience Responsibility & Leadership Respect & Tolerance Communication Physical Fitness Core Stability & Strength



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3	Net games	<ul style="list-style-type: none"> • Activities will develop students hand eye coordination using a racket and targets of varying heights and distances. • Students should be able to show progress in coordination and control with a range of objects, (soft balls, ballons, shuttles). 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Keeping an object off of the floor Serving an object over a net Receiving an object from height Developing a rally 	<ul style="list-style-type: none"> Racquet Rally Contact Height Distance Balance Underarm Overarm 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Coordination & Fluency <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making <p>Personal Qualities</p> <ul style="list-style-type: none"> Determination & Resilience Respect & Tolerance Communication <p>Physical Fitness</p> <ul style="list-style-type: none"> Core Stability & Strength Flexibility
	Striking and fielding	<ul style="list-style-type: none"> • Pupils will be introduced to striking and fielding concepts using basic variations of games such as Rounder/Cricket/ T ball and Danish Longball • Pupils will focus on striking the ball from a T and the concept of hitting into space. • Higher ability students may progress to a drop feed ball 	<p>Over the course of the unit areas of focus within lessons:</p> <ul style="list-style-type: none"> Throwing and Catching a ball to move towards a target. Fielding/Stopping a ball Retrieval of a ball Batting a stationary ball off of a T 	<ul style="list-style-type: none"> Striking Hitting T ball Running Scoring Fielding Throwing Catching Barrier 	<p>Physical Competencies</p> <ul style="list-style-type: none"> Gross & Fine motor skills Balance & Control Coordination <p>Cognitive skills</p> <ul style="list-style-type: none"> Focus & Concentration Decision Making Problem Solving <p>Personal Qualities</p> <ul style="list-style-type: none"> Motivation



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