

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year B Athletics

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking and action  
**PoS aims from NC:**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

### **Prior Learning (what pupils already know and can do)**

It is helpful if children have:

- experienced different ways of moving on their feet
- moved safely between and around objects and other children
- linked running and jumping movements
- used a variety of games equipment, eg balls, bats, quoits and beanbags, to catch, throw and send into target areas

### **Long-term Learning (what pupils MUST know and remember) End Goals**

Y1 related skill \*Explore different methods of throwing. Explore arm mobility \*Learn the best jumping techniques for distance. \*Run with agility and confidence. \*Hurdle an obstacle and maintain effective running style.

Y2 related skill \*Explore movement techniques with increased control. \*How to run and jump and to perform these with increased control and coordination. \*Further develop ability to jump for distance or height using personal best challenges as a motivator. \*Explore techniques for starting running races.

- ABOUT THE UNIT-

In this unit children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

- WHERE THE UNIT FITS IN-

This unit lays the foundations for athletic activities in years 3 and 4, in which children will learn the importance of strength and stamina, and will be introduced to a range of warm-up and stretching activities that help prepare them for athletic activity. They will improve their throwing skills and begin to associate different throwing actions with particular types of equipment. They will cover more distance in single and linked jumps, keeping good posture and control. They will be encouraged to watch and comment on the differences between successful and unsuccessful attempts. They will also measure and record athletic activity. This unit could be used in key stage 1. Other physical education units, such as Gymnastic activities (unit 1), will help children to improve their control of movement, especially when moving on their feet, leaping and landing. Games-based activity will also reinforce good running, jumping and throwing actions. All units place value on working well as a member of a group or team, and help children develop their stamina, strength and suppleness.

### **Key Vocabulary**

In this unit children will have an opportunity to use a range of words and phrases, such as:

- run
- catch
- hop
- skip
- step
- sideways, forwards, backwards
- throw high, low, far, near, straight
- aim
- drop
- bounce
- fast, medium, slow
- safely

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### Session 1

Skills: I can...

#### Lesson 1

Skills: I can....

Show a sense of anticipation to begin work

React quickly

Demonstrate agility, balance and coordination

Knowledge: I know...

To retain my focus

The importance of a good start

Assessment: I can...

Warm up safely prior to exercise and can sustain performance over periods of time

#### Lesson 2

Skills: I can....

Jump in a variety of ways

Coordinate a run with a jump

Knowledge: I know...

To cushion my knees when landing

The technique for different types of jump

Assessment: I can...

Comment on the work of others using some technical language

#### Lesson 3

Skills: I can....

Discover and develop different styles of jumping

Leap, jump and hop

Knowledge: I know...

How to improve my technique to increase the height and distance of my jumps

The difference between a leap and a jump

Assessment: I can....

Demonstrate sporting values

#### Lesson 4

Skills: I can....

Jump in a variety of ways competently

Add a short run up to my jump

Knowledge: I know....

How to increase the distance of my jumps

Why is it important to warm up

Assessment: I can....

Warm up safely prior to exercise and can sustain performance over periods of time

#### Lesson 5

Skills: I can....

Throw with good technique

Throw with a run up

Knowledge: I know:

How to increase the distance of my throws

How to keep other safe when I am throwing

Assessment: I can....

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Comment on the work of others using some technical language

Lesson 6

Skills: I can....

Help a peer improve their performance with good feedback

Demonstrate a variety of athletic techniques competently

Knowledge: I know...

To demonstrate the school games values

How to share equipment and take turns

Assessment: I can....

Demonstrate sporting values

**Future learning this content supports:**

- Access to a variety of sporting experiences across KS2 will add depth to this. The use of transferable skills and vocabulary will consolidate the learning within this unit.