

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year B FMS

Key Concept- Joy of movement

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)

Children will have explored different ways of moving within EYFS, children will have experienced a vast range of experiences that aided their physical development. They will have experienced being in and around nature from school trips and forest schools throughout their time in school, and will have discussed the importance of being physically active outside.

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

Object Manipulation

- -complex motor patterns that are basic to specialized sports and performed with some kind of object
- -requires hand-eye or foot-eye coordination
- -requires developmentally appropriate gross and fine motor abilities
- -skills help form the foundation for many later sports activities
- -KS1 begin With throwing beanbag or large rubber balls
- - Striking off a tee, using a bat, racket , feet or hands to hit a ball
- - The four key aspects of object manipulation are throwing, catching, kicking , striking

Locomotion

- -basic movement skills that are performed in different directions and at different speeds
- -dynamic movements that propel the body upward, forward, or backward
- - The four key aspects of Locomotion: jumping, skipping, galloping, sliding(sideways movements)

Stabilisation

- referred to as static movements because they are passive movements performed while standing in place
- -lead to effective body management such as body control, flexibility, and balance
- The three key types of static movements: stretching, twisting, pushing

Key Vocabulary

- Technique, Flexibility, Confident, Challenge, Balance, Apply, co-ordination, strike, send, receive, throw, ready position and jump.

• Lesson 1

Skills: I can..

- Hop
- Move carefully retaining my balance

Knowledge: I know..

- That focusing my eyes and using my arms helps me to balance better
- To use my arms to help me hop

Assessment: I can..

- Demonstrate agility, balance and coordination

• Lesson 2

Skills: I can..

- Travel backwards safely
- Share space considerately

Knowledge: I know..

- Potential dangers if I am not sensible
- To glance periodically over both shoulders when travelling backwards

Assessment: I can..

- Be self-motivated and display self-confidence

• Lesson 3

Skills: I can..

- Jump in a variety of ways
- Land safely in different jumps
- Combine a run and a jump

Knowledge: I know..

- To make a W shape when I want to receive a catch
- Which my preferred take off foot is

Assessment: I can..

- Apply basic skills competently in a range of physical activities

• Lesson 4

Skills: I can..

- Dodge
- Move safely with awareness of others

Knowledge: I know..

- To travel around the space being aware of other sharing it with me
- To stay focused and keep my head up when moving around

Assessment: I can..

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- Demonstrate agility, balance and coordination

• Lesson 5

Skills: I can..

- Evade others
- Attack and defend

Knowledge: I know..

- To always be focused and aware of what is going on
- When to attack and when to defend

Assessment: I can..

- Be self-motivated and display self-confidence

• Lesson 6

Skills: I can..

- Punt a ball
- Strike a ball accurately and with power with my laces

Knowledge: I know..

- That a punt is a kick from my hands
- That when kicking from the ground, I need to get my standing foot adjacent to the ball

Assessment: I can..

- Apply basic skills competently in a range of physical activities

Future learning this content supports:

- Link skills with specific sports IE, striking can be linked with Football, Cricket and Tennis etc.
- The use of themed skills IE, Move like an animal.