

KS1 Cycle 1 - Lesson One

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Multi-skills (ABC)</p> <ul style="list-style-type: none"> - Moving at speed in straight lines - Moving at speed with directional changes of own choice - Moving at speed with directional changes in response to others - Changing speed with instant control 	<p>Basketball</p> <ul style="list-style-type: none"> - Bouncing the ball, using both or one hand whilst stationary - Bouncing the ball whilst in motion, progressing from catching to constant - Coordinating movements of body to the travel pathway and speed of the ball - Sending and receiving the ball with a partner in a variety of ways. - Combining skills to achieve a more complex task, both individually and in a group - Experiencing a modified and scaled-down game, understand and obeying rules. 	<p>Dance</p> <ul style="list-style-type: none"> - Responding to a range of stimuli - Copy and explore basic actions led by a teacher - Perform movements involving a range of body parts - Link these together to form a movement phrase 	<p>Gymnastics (contrasts, holding positions)</p> <ul style="list-style-type: none"> - Perform basic shapes (Large and small), extending the body and requiring flexibility - Maintain increasingly difficult balances for a sustained period - Be able to perform some of the previous shapes, balances and actions on the apparatus - Copy actions and shapes performed by your partner 	<p>Football</p> <ul style="list-style-type: none"> - Move with the ball at increasing speed trying to maintain close control - Pass/send the ball to close targets - Shoot with power at targets/goals - Begin to understand rules of gameplay 	<p>Athletics</p> <ul style="list-style-type: none"> - Experiment with jumping and landing once or more in combination - Jump to achieve height and distance - Throw a number of differing projectiles - Measure and record scores for other pupils

KS1 Cycle 1 - Lesson Two

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<p>Striking & Fielding</p> <ul style="list-style-type: none"> - Develop individual catching skills exploring throws upwards, bounces downward, two hands, one hand. - Throw underarm with correct technique and increasing accuracy - Fundamental introduction to overarm throwing, experiencing the coordination of the movement - Apply skills in a small modified game situation 	<p>Dodgeball</p> <ul style="list-style-type: none"> - Move with the ball at increasing speed trying to maintain close control - Send the ball to close targets with success - Shoot with power at targets - Increasingly understand and apply rules of gameplay (modified) - What does it mean to attack and defend; how can we do it 	<p>Bench ball</p> <ul style="list-style-type: none"> - Overarm throwing of mid sized objects - Throwing with a high ball flight - Catching whilst moving <p>What does it mean to attack and defend; how can we do it</p> <ul style="list-style-type: none"> - How can we attack and defend in benchball: where do we position ourself & where do we aim 	<p>Netball</p> <ul style="list-style-type: none"> - Coordinating movements of body to the travel pathway and speed of the ball - Sending and receiving the ball with a partner in a variety of ways. - Combining skills to achieve a more complex task, both individually and in a group - Experiencing a modified and scaled-down game, understand and obeying rules. 	<p>Team games-throwing and catching</p> <ul style="list-style-type: none"> - Develop individual catching skills exploring throws upwards, bounces downward, two hands, one hand. - Throw underarm with correct technique and increasing accuracy - Fundamental introduction to overarm throwing, experiencing the coordination of the movement - Apply skills in a small modified game situation 	<p>Competition Sport</p> <ul style="list-style-type: none"> - Each lesson will take an opportunity for the class to play a mini-competitions of the following sports covered this school year. - Basketball - Dodgeball - Benchball - Netball - Football - Athletics

KS1 Cycle 2 - Lesson One

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<p>Striking team games (tennis racket, cricket bat, hockey stick)</p> <ul style="list-style-type: none"> - Handling and controlling a bat/stick in response to situational-demands of a ball or beanbag - Striking the ball in different ways, using bats with large surface areas - Balancing and manipulating the ball with different striking equipment - Experiencing a modified game. 	<p>Multi-skills (ABC)</p> <ul style="list-style-type: none"> - Maintaining balance with varying levels of support and difficulty - Balance effectively whilst moving - Using full body to maintain balance whilst completing other challenging tasks - Combining movements of different body parts effectively - Controlling and manipulating various pieces of equipment whilst moving 	<p>Dance</p> <ul style="list-style-type: none"> - Listen to pieces of music and respond to the rhythm - Move on different levels to change the movement phrase - Demonstrate basic actions and expressions that represent an emotion 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Travel in a variety of ways with different numbers of contact points - Travel individually and in groups - Perform simple rolls – log, tuck - Combining jumping and landing variations (floor based) - Link small elements together to perform a sequence 	<p>Team games-throwing and catching</p> <ul style="list-style-type: none"> - Develop individual catching skills exploring throws upwards, bounces downward, two hands, one hand. - Throw underarm with correct technique and increasing accuracy - Fundamental introduction to overarm throwing, experiencing the coordination of the movement - Apply skills in a small modified game situation 	<p>Athletics</p> <ul style="list-style-type: none"> - How to run with correct technique - Applying correct technique at full speed in race situations - Attempt some slightly longer distances, adjusting speed slightly to achieve this - Working effectively as a team to complete relays

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<p>Dodgeball</p> <ul style="list-style-type: none"> - Move with the ball at increasing speed trying to maintain close control - Send the ball to close targets with success - Shoot with power at targets - Increasingly understand and apply rules of gameplay (modified) - What does it mean to attack and defend; how can we do it 	<p>Basketball</p> <ul style="list-style-type: none"> - Bouncing the ball, using both or one hand whilst stationary - Bouncing the ball whilst in motion, progressing from catching to constant - Coordinating movements of body to the travel pathway and speed of the ball - Sending and receiving the ball with a partner in a variety of ways. - Combining skills to achieve a more complex task, both individually and in a group - Experiencing a modified and scaled-down game, understand and obeying rules. 	<p>Handball</p> <ul style="list-style-type: none"> - Overarm throwing of mid sized objects - Throwing with a high ball flight - Catching whilst moving <p>What does it mean to attack and defend; how can we do it</p> <ul style="list-style-type: none"> - How can we attack and defend in benchball: where do we position ourself & where do we aim 	<p>Health & Fitness (PACT Fittest School Competition)</p> <ul style="list-style-type: none"> - Run/Sprint 10m x2, 5 sit ups, Run/Sprint 10m x2, 10 speed bounces & Run/Sprint 10m x2 - Simple cardio circuit training - Basic core exercise training - Light interval training - Recorded fitness test at the end of term 	<p>Football</p> <ul style="list-style-type: none"> - Move with the ball at increasing speed trying to maintain close control - Pass/send the ball to close targets - Shoot with power at targets/goals - Begin to understand rules of gameplay 	<p>Competition Sport</p> <ul style="list-style-type: none"> - Each lesson will take an opportunity for the class to play a mini-competitions of the following sports covered this school year. - Basketball - Dodgeball - Handball - Fitness Test - Football - Athletics

