

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year A 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.

Session 1:

Skills: I can....

Run skilfully

Negotiate space successfully

Knowledge: I know....

What a good space to stand in is.

How to share equipment and take turns.

Assessment: I can....

Show increasing control over an object.

Session 2:

Skills: I can....

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Pick up, carry and put down with care

- Use tools to help me manipulate objects

Knowledge: I know....

- To take my time and work with care

Assessment: I can....

- Share equipment and take turns
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Session 3:

Skills: I can....

- Show increasing control over an object
- Control my emotions when playing games

Knowledge: I know....

- To run around with my head up.
- To be aware of other children.

Assessment: I can....

- Negotiate space successfully

Session 4:

Skills: I can....

- Balance on one leg
- Move through an obstacle course skilfully

Knowledge: I know....

- Which parts of my body help me with balancing

Assessment: I can....

- Show increasing control over an object

Session 5:

Skills: I can....

- Be excited about, and confident in, my jobs
- Encourage my teammates whilst I wait my turn

Knowledge: I know....

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- To take turns

Assessment: I can....

- Share equipment and take turns

Session 6:

Skills: I can..

- Thread objects
- Play games fairly

Knowledge: I know..

- To work carefully and that rushing can lead to mistakes
- Some effects of exercise on my body

Assessment: I can..

- Negotiate space successfully

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.