



Medium Term Planning

Year 1 - Term 1a

Gymnastics	Flight, bouncing, jumping and landing
Learning Objectives	Activities
Children should: Hop, bounce, skip in different directions Bounce using the feet in different combinations Jump from one foot to two feet and one foot to the other Understand how to land safely Identified and show thin shapes and star shapes Know and use high and low levels Use ideas with apparatus	Val Sabin 'Gymnastics' Section D



Medium Term Planning

Year 1 - Term 1a

Games	Large Ball Skills & Games
Learning Objectives	Activities
Children should: Confidently demonstrate different ways of using a large ball Pass the ball around different body parts Pat and bounce the ball confidently Throw and catch, roll and receive Kick the ball and dribble Throw and catch using bean bags, small balls and quoits.	Val Sabin 'Games' Unit 1