



Thames View Infants PE Scheme of Work – Overview and Medium Term Plans

Year 1 - Term 3a

Athletics	Practical Skill	Keywords & Phrases	
Learning Objectives	Activities		
<p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To develop, consolidate and improve the quality, range and consistency of the techniques they use for particular events <p>Selecting and applying</p> <ul style="list-style-type: none"> To choose skills, equipment, tactics and strategies to help them meet the challenges they are set <p>K & U of fitness and health</p> <ul style="list-style-type: none"> To recognise and describe the short term effects of different activities on the body and why exercise is good for them longer term To understand the basic principles of warming up <p>Evaluating and improving</p> <ul style="list-style-type: none"> To observe, describe and evaluate the effectiveness of performance and suggest ways to improve it 	<p>Rawmarsh</p> <p>Athletics Unit 1</p> <p>Jumping (Lessons 7)</p> <p>Throwing (Lessons 8 – 10)</p> <p>Multi-activity Team Relays (Lessons 11 – 12)</p>	<p>Track</p> <ul style="list-style-type: none"> run, jog, sprint <p>Throws</p> <ul style="list-style-type: none"> push, over arm (javelin), sling and fling throws approach, stance, follow through <p>Jumps</p> <ul style="list-style-type: none"> approach, take off; landing hop, step, jump relay tactic, strategy estimate; estimation strength, suppleness, speed and endurance (stamina) vigorous activity breathing rate heart (pulse) rate pulse 	<ul style="list-style-type: none"> temperature warm up observe assess compare improve; improvement link, combine pattern



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Games	Net Games	Keywords & Phrases	
Learning Objectives	Activities		
<p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To be confident and safe in the spaces used to play game To explore and use skills, actions and ideas individually and in combination to suit the games they are playing <p>Selecting and applying</p> <ul style="list-style-type: none"> To choose and use skills effectively for particular games <p>K & U of fitness and health</p> <ul style="list-style-type: none"> That being active is good for them and fun <p>Evaluating and improving</p> <ul style="list-style-type: none"> To watch, copy and describe what others are doing To describe what they are doing 	<p>Rawmarsh</p> <p>Games Unit Year 1</p> <p>Basic Game 1 – Hoopla (Lesson 1 – 6)</p>	<ul style="list-style-type: none"> skill tactic runs target area field; fielder strike; Striker striking/fielding game net game opponent; opposition place a ball look for space pass; bounce pass collect; retrieve improve; Improvement 	<ul style="list-style-type: none"> warm up cool down stretch; stretches out of breath; breathing warm; cold temperature heart beat tense; tensed relax; relaxed