



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

Year 1 - Term 3b

Athletics	Practical Skill	Keywords & Phrases	
<p>Learning Objectives</p> <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>Activities</p> <p>Rawmarsh</p> <p>Athletics Unit 2</p> <p>Travelling (Lessons 1 - 3)</p> <p>Throwing (Lessons 4 - 6)</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	
<p>Learning Objectives</p> <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>Activities</p> <p>Rawmarsh</p> <p>Games Unit Year 1</p> <p>Basic Game 2 – Storming the front (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



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Orienteering		Keywords & Phrases	
<p>Learning Objectives</p> <p>Children should learn to:</p> <p>Acquiring and developing skills</p> <ul style="list-style-type: none"> To develop and refine their skills and work with others to solve problems and meet physical and intellectual challenges <p>Selecting and applying</p> <ul style="list-style-type: none"> To choose skills, equipment and strategies to help them meet the challenges they are set To adapt to changing situations and environments <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 To see the importance of team work 	<p>Activities</p> <p>Rawmarsh</p> <p>Orienteering Unit 1</p> <p>Weather Orientation – Orienteering (Lesson 1 – 5)</p> <p>Additional Lessons:</p> <p>Lesson 1 (2+ Lessons) Lesson 2 (2 Lessons) Lessons 3 & 4 (3+ Lessons) Lesson 5 (2 + Lessons)</p>	<ul style="list-style-type: none"> trail, track, route, course, journey orientate, orienteering team building, teamwork, cooperation, team relay trust, responsibility signs, symbols compass bearings, grid references map, map reading, setting a map problem solving, challenge plan, strategy, target weather, conditions, extreme conditions, hazard, risk Ordnance survey shelter, campcraft 	<ul style="list-style-type: none"> strength, suppleness, speed and endurance (stamina) vigorous activity breathing rate heart (pulse) rate pulse temperature warm up observe assess estimate compare improve; Improvement assess strengths, weaknesses evaluate