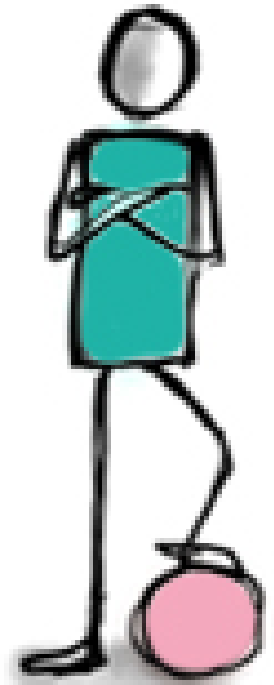


This is a collation of the individual Medium Term Plans that can be found at the end of each Unit of Work.

The 'Key Unit Objectives' follow the Learning Objectives set out in each PE Planning lesson plan.

Each page contains the appropriate Key Stage 1 National Curriculum criteria for each sport and illustrates how the PE Planning objectives are linked to National Curriculum requirements.



Key Stage	KS1	Unit	Athletics
Implementation Phase			
National Curriculum Links	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.	Key Vocabulary	- Throwing - Running - Jumping - Personal best - Speed - Competition - Races - Distance - Measuring
Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)	- Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. - Show understanding and a basic level of control, coordination and consistency when running. - Experiment with different jumping techniques, showing control, coordination, and consistency throughout. - Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. - Develop the overarm, underarm and pull throw technique, throwing accurately towards a target. - Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.	Prior Learning Required	<u>EYFS Progression Maps Objectives:</u> - Travels with confidence and skill in a range of movements when using equipment. - Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. - Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. - Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it.
Key Unit Objectives (Key skills addressed to achieve success throughout the unit)	- Step 1: Move into space - Step 2: To control your body and equipment when throwing, running and jumping. - Step 3: To land safely when jumping - Step 4: To run and jump on the balls of your feet - Step 5: To show a correct pull throw technique - Step 6: To compete against yourself and others	Resources & Equipment	- Beanbags - Cones - Balls

Key Stage	KS1	Unit	Cricket
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	Throwing, Batting, Fielding, Catching, Explore the game, Experiment, Striking, Long barrier, Teamwork, Get in line, Communication, Tracking the Ball, Wickets, Wicket keeper, Feeder, Fielder, Underarm.
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Understand and follow simple rules for games and compete in physical activities both against self and against others. - Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed, - Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control. - Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. - Apply skills and tactics in simple games, including recognizing space and using it to your advantage. - React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. - Show good awareness of others when playing games.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move a ball - Step 2: To throw a ball at a target - Step 3: To catch a ball - Step 4: To hit a ball - Step 5: To work with others - Step 6: To compete against others	<u>Resources & Equipment</u>	- Tennis balls - Hoops - Marker spots - Cones - Bats - Wickets - Beanbags

Key Stage	KS1	Unit	Dance
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1c: Perform dances using simple movement patterns.	<u>Key Vocabulary</u>	- Canon - Teamwork - Smart - Neat - Performance - Movement - Express - Phrase
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Respond imaginatively to a range of stimuli. - Move confidently and safely in your own and general space, using changes of speed, level, and direction. - Perform movement phrases using a range of different body actions and body parts – with control and accuracy. - Create linked movements, combining different ways of travelling, with beginnings, middles and ends. - Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. - Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. - Describe phrases and expressive qualities.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Explore and copy basic body actions and rhythms. - Negotiate space confidently, using appropriate strategies. - Use their bodies to respond to stories, topics, and music.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move in different ways - Step 2: To move with control - Step 3: To work individually and with others - Step 4: To move to music showing expressive qualities of dance - Step 5: To be creative and compose short dances - Step 6: To participate in a performance	<u>Resources & Equipment</u>	- Hoops - Ribbons - Balls - Mats - Music player/ Music

Key Stage	KS1	Unit	Dodgeball
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	- Dodgeball - Throw - Catch - Bounce - Teamwork - React - Pass - Dodge - Roll - Target - Speeds - Reaction time - Control - Aim
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Develop catching and striking skills. - Move a ball in different ways. - Pass, send and roll a ball with some accuracy. - Develop ball handling skills. - Develop fundamental movement skills - Develop decision making strategies - Employ simple tactics in competitive games.	<u>Prior Learning Required</u>	EYFS Progression Maps Objectives: N/A
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move in different ways, changing speed and direction. - Step 2: To practise throwing using underarm technique - Step 3 To Practice throwing using overarm technique - Step 4 To send a ball at different speed. - Step 5; To catch a ball - Step 6:To participate in basic dodgeball games.	<u>Resources & Equipment</u>	- Soft balls - Tennis balls - Large balls - Cones - Benches - Hoops - Marker spots

Key Stage	KS1	Unit	Football
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	- Football - Goals - Scoring - Teamwork - Shooting - Passing - Dribbling - Soul - Control
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Explore different ways to use and move with a ball. Show control of a ball with basic actions. - Send/ pass a ball and successfully catch/stop a ball. - Move fluently, changing direction and speed – with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent. - Use skills in different ways when playing games. - Recognise space in games and use it to your advantage. - Perform a variety of skills keeping the ball under control. - Participate in team games – showing good awareness of others.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment. - Can play in a group, extending and elaborating play ideas within the group. - Begins to accept the needs of others and can take turns and share, sometimes with the support of others. - Shows increasing control when throwing and catching a large ball.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move into space - Step 2: To move with a ball - Step 3: To roll, kick, and carry a ball - Step 4: To stop a ball using your foot - Step 5: To move towards a goal to defend it - Step 6: To compete against others trying to score	<u>Resources & Equipment</u>	- Beanbags - Small balls - Footballs/ soft balls - Cones - Balls - Bibs - Hoops

Key Stage	KS1	Unit	Gymnastics
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1c: Perform dances using simple movement patterns.	<u>Key Vocabulary</u>	Key shapes, teamwork, smart, neat, performance, movement, express, balance, roll, straight, tense.
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. - Become increasingly confident and competent, moving safely using changes of speed, level, and direction. - Combine different ways of travelling exploring a range of movements and shapes. - Create linked movement phrases with beginning, middle and ends. - Perform movement phrases using a range of different body actions and body parts. - Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. - Develop agility, balance, and coordination. - Form simple sequences of different actions, using the floor and a variety of apparatus.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Explore and copy basic body actions and rhythms. - Negotiate space confidently, using appropriate strategies. - Use their bodies to respond to stories, topics, and music.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To be able to perform 5 key shapes. - Step 2: To move with control. - Step 3: To balance using different parts of the body. - Step 4: To link movements. - Step 5: To use different pieces of equipment and apparatus. - Step 6: To participate in a performance.	<u>Resources & Equipment</u>	- Hoops - Ribbons - Mats - Beanbags - Apparatus - Marker spots

Key Stage	KS1	Unit	Hockey
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	- Hockey - Scoring - Teamwork - Shooting - Passing - Dribbling - Push pass - Roll - Hockey stick - Goal
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Understand and follow the rules of the game. - Pass/send a ball and catch/stop a ball with control and increasing accuracy and consistency. - Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball. - Explore different ways to use and move with a ball. Perform a range of skills with control of the ball. - Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents. - Use skills in different ways when playing games. - Recognise space in games and use it to your advantage.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To negotiate space - Step 2: To use equipment safely and correctly - Step 3: To use a hockey stick with two hands - Step 4: To move a ball using a hockey stick - Step 5: To stop a ball using a hockey stick - Step 6: To compete in games with others trying to win	<u>Resources & Equipment</u>	- Beanbags - Small balls - Hockey sticks - Cones - Bibs - Goals

Key Stage	KS1	Unit	Netball
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	Ball, Control, Balance, Throw, Catch, Aim, Accuracy, Pass, Roll, Team, Teamwork, Get in line, Space
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Explore different ways to use, move and send the ball. - Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. - React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal. - Understand how to play in a safe way. - Show good awareness of others when playing games. - Perform a range of actions with the ball keeping it under control.	<u>Prior Learning Required</u>	EYFS Progression Maps Objectives: - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move with a ball - Step 2: To roll a ball - Step 3: To bounce a ball - Step 4: To throw a ball - Step 5: To play in games against others - Step 6: To try find ways to win games	<u>Resources & Equipment</u>	- Balls (variety of sizes) - Bibs - Marker spots - Cones

Key Stage	KS1	Unit	Rounder's
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	Keep score, Balance, Skill, Get in line, Control, Ball, Fielding, Catch, Throw, Backstop, Technique, Batting, Shot selection, Score, Aiming, Run, Teamwork
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Understand and follow simple rules for games and compete in physical activities both against self and against others. - Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed, - Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control. - Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. - Apply skills and tactics in simple games, including recognizing space and using it to your advantage. - React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. - Show good awareness of others when playing games.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To move in different ways - Step 2: To use an underarm throwing technique - Step 3: To try and find ways to win games - Step 4: To move into space - Step 5: To hit a ball - Step 6: To compete with others	<u>Resources & Equipment</u>	- Marker spots - Cones - Tennis Balls/ small balls - Hoops - Footballs - Beanbags - Bats

Key Stage	KS1	Unit	Tag Rugby
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	- Tag rugby - Belts - Target - Catch - Space - Attack - Defend - Try
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Develop control and accuracy when throwing and catching a rugby ball. - Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender. - Learn how to tag and begin tagging players in game situations. - Begin to understand and develop correct technique of passing the ball. - Develop understanding of tag rugby and participate in small games. - Use simple tactics in game situations, such as deciding when to pass and when to run. - Understand who the attackers and who the defenders are.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Shows increasing control when throwing and catching a large ball. - Travels with confidence and skill in a range of movements when using equipment. - Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. - Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To hold and move with a rugby ball - Step 2: To pass the ball pointing the nose of the ball - Step 3: To pass accurately to a partner - Step 4: To run with the ball - Step 5: To play tag games - Step 6: To try score goals by getting past opponents.	<u>Resources & Equipment</u>	- Rugby Balls - Cones - Marker spots - Tag belts

Key Stage	KS1	Unit	Tennis
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.	<u>Key Vocabulary</u>	Tennis racket, Low, High, Balance, Ball control, Control, Racket, Score, Positioning, Movement, Aiming, Accuracy, Rolling, Send, Throw, Bounce, Catch, Underarm, Ready position, Bounce feed, Receive, Cooperate
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Engage in cooperative and competitive physical activities (both against self and against others). - Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket.) - Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. - Understand the concept of moving to get in line with a ball to receive it. - Choose and use skills and simple tactics to suit different situations. - Understand and follow the rules of the game. - Move fluently, changing direction and speed – showing good awareness of others. - Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Begins to accept the needs of others and can take turns and share, sometimes with the support of others. - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To throw a ball to a target - Step 2: To hit a ball to a target - Step 3: To hold a racket with correct grip - Step 4: To receive a ball and return it - Step 5: To move confidently in different ways - Step 6: Play games	<u>Resources & Equipment</u>	- Tennis balls - Tennis rackets - Hoops - Nets

Key Stage	KS1	Unit	Volleyball
Implementation Phase			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.	<u>Key Vocabulary</u>	Throw, Control, Aim, Ready, Ball, Accuracy, Throw, Send, Skills, Receive, Catch, Stop, Ready Position, Inline- Track, Tactics, Space, Score, Rules, Watch, Describe
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Send a ball in different ways e.g. throwing, pushing, and rolling. - Master basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, fast, slow. - Perform a range of catching and gathering skills with control and understand the concept of moving to get in line with a ball to receive it. - Understand and follow the rules of the game, showing good awareness of others when playing games. - Develop simple tactics for attacking. Gain an understanding that hitting the ball into space helps them score points. - Understand, follow, and apply skills and tactics in simple games. - Show control of a ball with basic actions and explore different ways to use and move with a ball.	<u>Prior Learning Required</u>	<u>EYFS Progression Maps Objectives:</u> - Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment. - Can play in a group, extending and elaborating play ideas within the group. - Begins to accept the needs of others and can take turns and share, sometimes with the support of others. - Shows increasing control when throwing and catching a large ball.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To send a ball to a partner - Step 2: To throw a ball to a target/ partner - Step 3: To receive a ball - Step 4: To catch a ball - Step 5: To play games with others - Step 6: To try score points in games	<u>Resources & Equipment</u>	- Volleyballs - Cones - Marker spots - Hoops - Sponge tennis balls