

Winterton Junior School Medium Term Plan

(see short term lesson plans / scheme of work for greater detail)

Term: Autumn Term

Year Group: 1

SUBJECT/SESSION	PE	
1	Locomotion. Explore movement.	Children to know a variety of ways to move. Children can copy 4 moves effectively. Children to know a variety of movements and further develop these.
2	Variety of movement.	Children to use different forms of movement. Children to move effectively and use a variety of movements. Children to develop movements (add bits).
3	Straight line.	To investigate moving in a straight line. Children can move in a straight line and in a variety of ways. Children can move at speed using basic sprinting technique.
4	Sideways.	To explore sideways movement. Children can move sideways and shift weight from side to side. Children can use sideways movement for purpose.
5	Changing direction and spatial awareness.	To change direction while moving and to be aware of space. Children to change direction whilst moving and with pace. Some children to change direction quickly to achieve a goal.
6	Changing direction and spatial awareness.	To change direction while moving and to be aware of space. Children to change direction whilst moving and with pace. Some children to change direction quickly to achieve a goal.

7	Athletics Indoor. Jumping.	Children to explore and evaluate different jumps. Children to adapt a variety of jumps. Some children can explain the differences between jumps.
8	Jumping.	Children to know basic principles of jumping for height. Children to know the principles of jumping and can demonstrate this. Some children can expertly demonstrate principles.
9	Running.	Children to explore movement in a straight line. Children can evaluate movements. Children can identify most efficient movement. Children can move with speed and control.
10	Running.	Children to have an awareness of speed. Children are aware of fast and slow and can change pace with increasing control. Children can travel with control using a variety of stride lengths.
11	Throwing.	Children to explore throwing for different purposes. Children to throw an object in a given direction. Children to use different techniques to throw an object. Some children to select appropriate technique and power.
12	Throwing.	Children to throw with control. Children to throw with some control, power and accuracy. Children to adapt technique to different situations.