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**Long Term Mapping**

**KS1 Physical Education**

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|  | | **Cycle 1** | **Cycle 2** |
| **2023-2024** | **2022-2023** |
| **Autumn** | **1** | Parachute Games | Gross motor / movement development |
| **2** | Gymnastics | Gymnastics |
| **Spring** | **1** | Boccia / kurling - competitive | Team games |
| **2** | Athletics | Athletics |
| **Summer** | **1** | Dance - Nursery Rhymes | Dance - life cycles |
| **2** | Cycling | Cycling |

INVASION GAMES / ATHLETICS / FIELDING and STRIKING

* Children will learn a variety of skills. They will be able to understand the mutual respect needed to compete in a sporting competition.
* This will be evident through the way they conduct themselves when they compete. They will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.
* The children will understand that they are to be compliant with the rules of a game and that we live in a democratic society where both men and women can play mixed sports.

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| **Key stage 1 MEDIUM-TERM PLANNING 2022-2023** | | | | | | | | | | | | |
| ***Aspiration for Life*** | | | Differentiated, aspirational targets dependent on pupil needs. | | ***Language for Life*** | | Explicit teaching/ exposure to new and know vocabulary. | | ***Learning for Life*** | | Topics linked to the Gatsby Bench Mark | |
| **CYCLE 2** | To challenge and further develop all learners gross motor skills, regardless of the their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Tor View we aim to follow Sports England vision ' Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.' | **Gross Motor Gymnastics** | | | | **team games Athletics** | | | | **Dance (Life cycles) Cycling** | | |
| **Autumn 1**  7 weeks | | **Autumn 2**  7 weeks | | **Spring 1**  6 weeks | | **Spring 2**  6 weeks | | **Summer 1**  5 weeks | | **Summer 2**  7 weeks |
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| Mastering simple gross motor actions - Listening and following simple instructions ,Working together, | | -Floor work - 4 weeks  -Apparatus and floor – 3 weeks | | Aiming for different targets  2v1 ball games | | Track - 3 weeks  Field - 3 weeks  (competitive against themselves and others) | | Different methods of movements - | | Individual cycling targets to be worked on the primary yard and bike track  (see cycling step sheet) |
| **SUGGESTED Skills** | | | | | | | | | | |
| Throwing and Catching  Rolling stopping  Kicking  Different methods of movement  Striking  Shooting | | |  |  | | --- | --- | | Jumping  Hopping  Sliding  Skipping  Carrying equipment  Safety  Sequences | Landing  Rotating  Rhythm  Leap  Balances  Levels  Shape  Officials | | | Boccia  Kurling  Team building | | Shot put / weighted ball  Javelin  Sprint  Hurdles  Long distance  Races - winning / loosing  Stating commands | | Let’s Move BBC programme  Dancing on your own, in a small group  Watching others dance  Using props – such as scarves  Looking at the different points within the cycle | | Putting on / off helmet  Getting on / off a bike  Pedalling  Steering  Braking  Mannering  Speed / confidence |
| **VOCABULARY** | | | | | | | | | | |
| **Stop**  **Start**  **Ball**  Racket  **Run**  Travel  **Go** | | **Body Tension**  **Still**  **Balance**  Rhythm  **Land** / dismount  Pirouettes - **spin**  Linking  **Travel**  Aesthetically pleasing  Apparatus / **equipment** | | **Push**  **Roll**  Target  Team work  Closest  **Win Lose**  **cheer**  **game** | | Positions  **Speed**  **Cheer**  Measure / record  Competitive  **Safety**  Analyse / Improve  **Start / finish line**  **On your marks,get set, go**! | | Flutter  Hover  **Wiggle / shake**  **High up / low down**  Body  **Space**  Run  Direction  Speed **Stop / start** | | **Stop / go**  **On / off**  **Brake**  **Bike Helmet**  Clip  **seat**  Steer  Balance  **Look** |
| **IMPLEMENTATION** | | | | | | | | | | |
| **Week 1 :** Rolling sat down  **Week 2:**  Rolling to target  **Week 3** Throw / catch  **Week 4:**  Shoot to target  **Week 5** kick to target  **Week 6:**  Explore rackets  **Week 7:**  Explore sticks | | **Week 1:** pencil/dish roll  **Week 2:** Traveling  **Week 3** roll, travel, jump  **Week 4:** forward roll  **Week 5:** balances  **Week 6:** sequence  **Week 7:**  Assessment | | **Week 1:** boccia 1v1  **Week 2:** Boccia 2v2  **Week 3** Kurking 1v1  **Week 4** Boccia 2v2  **Week 5:** Scoring  **Week 6:**Being an official | | **Week 1:** what is a race (commands/start/finish line)  **Week 2:** races / commands  **Week 3 :** Javelin  **Week 4:** weighted ball  **Week 5:** positions& winning/loosing  **Week 6:** Assessment | | **Week 1:** flower  **Week 2:** flower  **Week 3 :** frog  **Week 4:** frog  **Week 5:**  caterpillar | | Pupil to work in their own individual targets  **Week 7:**  Assessment |
| **INTENT** |

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| **Key stage 1 MEDIUM-TERM PLANNING 2023-24** | | | | | | | | | | | | |
| ***Aspiration for Life*** | | | Differentiated, aspirational targets dependent on pupil needs. | | ***Language for Life*** | | Explicit teaching/ exposure to new and know vocabulary. | | ***Learning for Life*** | | Topics linked to the Gatsby Bench Mark | |
| **CYCLE 1** | To challenge and further develop all learners gross motor skills, regardless of the their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Tor View we aim to follow Sports England vision ' Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.' | **Parachute Gymnastics** | | | | **team games Athletics** | | | | **Dance Cycling** | | |
| **Autumn 1**  7 weeks | | **Autumn 2**  7 weeks | | **Spring 1**  6 weeks | | **Spring 2**  6 weeks | | **Summer 1**  5 weeks | | **Summer 2**  7 weeks |
|  | |  | |  | |  | |  | |  |
| Mastering simple gross motor actions - Listening and following simple instructions ,Working together, | | -Floor work - 4 weeks  -Apparatus and floor – 3 weeks | | Aiming for different targets  2v1 ball games  Relay races | | Track - 3 weeks  Field - 3 weeks  (competitive against themselves and others) | | Different methods of movements - | | Individual cycling targets to be worked on the primary yard and bike track  (see cycling step sheet) |
| **SUGGESTED Skills** | | | | | | | | | | |
| Throwing and Catching  Rolling stopping  Kicking  Different methods of movement  Striking  Shooting | | |  |  | | --- | --- | | Jumping  Hopping  Sliding  Skipping  Carrying equipment  Safety  Sequences | Landing  Rotating  Rhythm  Leap  Balances  Levels  Shape  Officials | | | Boccia  Kurling  Races  Piggy in the middle | | Shot put / weighted ball  Javelin  Sprint  Hurdles  Long distance  Races - winning / loosing  Stating commands | | Let’s Move BBC programme  Dancing on your own, in a small group  Watching others dance  Using props – such as scarves  Looking at the different points of the story | | Putting on / off helmet  Getting on / off a bike  Pedalling  Steering  Braking  Mannering  Speed / confidence |
| **VOCABULARY** | | | | | | | | | | |
| **Stop**  **Start**  **Ball**  Racket  **Run**  Travel  **Go** | | **Body Tension**  **Still**  **Balance**  Rhythm  **Land** / dismount  Pirouettes - **spin**  Linking  **Travel**  Aesthetically pleasing  Apparatus / **equipment** | | **Push**  **Roll**  Target  Team work  Closest  **Win Lose**  **cheer**  **game** | | Positions  **Speed**  **Cheer**  Measure / record  Competitive  **Safety**  Analyse / Improve  **Start / finish line**  **On your marks,get set, go**! | | Gesture  Creep  **Collect**  **High up / low down**  Body  **Space**  Run  Direction  Speed **Stop / start** | | **Stop / go**  **On / off**  **Brake**  **Bike Helmet**  Clip  **seat**  Steer  Balance  **Look** |
| **IMPLEMENTATION** | | | | | | | | | | |
| **Week 1 :** Rolling sat down  **Week 2:**  Rolling to target  **Week 3** Throw / catch  **Week 4:**  Shoot to target  **Week 5** kick to target  **Week 6:**  Explore rackets  **Week 7:**  Explore sticks | | **Week 1:** pencil/dish roll  **Week 2:** Traveling  **Week 3** roll, travel, jump  **Week 4:** forward roll  **Week 5:** balances  **Week 6:** sequence  **Week 7:**  Assessment | | **Week 1:** boccia 1v1  **Week 2:** Boccia 2v2  **Week 3** Kurking 1v1  **Week 4** Boccia 2v2  **Week 5:** Relay races  **Week 6: Relay** races | | **Week 1:** what is a race (commands/start/finish line)  **Week 2:** races / commands  **Week 3 :** Javelin  **Week 4:** weighted ball  **Week 5:** positions& winning/loosing  **Week 6:** Assessment | | **Week 1:** Being the wolf  **Week 2: Colleting, making straw house**  **Week 3 : Collecting, making a house of sticks**  **Week 4:** Collecting, making a house of bricks  **Week 5:**  Sequencing | | Pupil to work in their own individual targets  **Week 7:**  Assessment |
| **INTENT** |