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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 |
|  |  |  |  |  |  |
| Mastering simple gross motor actions - Listening and following simple instructions ,Working together, | -Floor work - 4 weeks -Apparatus and floor – 3 weeks | Aiming for different targets2v1 ball games  | Track - 3 weeksField - 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 CatchingRolling stopping Kicking Different methods of movementStriking Shooting |

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| Jumping Hopping Sliding Skipping Carrying equipmentSafety Sequences  | Landing Rotating RhythmLeapBalances LevelsShapeOfficials  |

 | Boccia Kurling Team building  | Shot put / weighted ballJavelin Sprint Hurdles Long distanceRaces - winning / loosing Stating commands  | Let’s Move BBC programme Dancing on your own, in a small groupWatching others dance Using props – such as scarves Looking at the different points within the cycle  | Putting on / off helmet Getting on / off a bike PedallingSteering 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**TargetTeam workClosest **Win Lose****cheer** **game**  | Positions **Speed****Cheer** Measure / recordCompetitive **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**SteerBalance **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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 | Boccia Kurling RacesPiggy in the middle  | Shot put / weighted ballJavelin Sprint Hurdles Long distanceRaces - winning / loosing Stating commands  | Let’s Move BBC programme Dancing on your own, in a small groupWatching others dance Using props – such as scarves Looking at the different points of the story | Putting on / off helmet Getting on / off a bike PedallingSteering Braking Mannering Speed / confidence  |
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| **IMPLEMENTATION** |
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| **INTENT** |