

PE Medium Term Plans- Games skills.

	Autumn 1					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
KS1	Milestone 1 objectives covered: <ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Perform locomotion skills (running, jumping, hopping, skipping) using mature patterns. • Throw underarm in a mature pattern. • Develop an overarm throw. • Catch a large ball without trapping or cradling it. • Dribble a ball slowly with hands and feet. • Kick a stationary ball from a short run up. • Send an object towards a target. 					
Assessment	Assessment for this unit runs throughout the lessons. Assessments can be used to adjust the content of later units in order to address specific areas of weakness in a co-hort.					
Y1	Individual movement skills. Pupils practice moving in a variety of ways using correct techniques.	Individual movement skills. Pupils practice moving in a variety of ways using correct techniques. They begin to link different movement skills together, copying a model e.g running and jumping/ jumping and rolling.	Individual ball skills. Pupils learn to control a range of balls using their hands and feet as well as rackets or bats. E.g: dribbling a small ball using a tennis racket, dribbling a basket ball using their hands, dribbling a football using their feet. They focus on maintaining control.	Sending skills. Pupils practice hitting, kicking, throwing and rolling balls towards a variety of targets. They focus on being accurate.	Receiving skills. Pupils practice controlling a ball using their feet or an implement. E.g stopping a football using the side of their foot, or trapping a moving ball using a tennis racket.	Receiving skills. Pupils practice catching a variety of different balls using just their hands.
Y2	Individual movement skills. Pupils practice moving in a variety of ways using correct techniques. They learn to vary their speed and change direction.	Individual movement skills. Pupils practice moving in a variety of ways using correct techniques. They develop ways to link different skills together e.g running and jumping/ jumping and rolling.	Individual ball skills. Pupils learn to control a range of balls using their hands and feet as well as rackets or bats. E.g: dribbling a small ball using a tennis racket, dribbling a basket ball using their hands, dribbling a football using their feet. They focus on maintaining control using both sides of their body.	Sending skills. Pupils practice hitting, kicking, throwing and rolling balls towards a variety of targets. They focus on being accurate and using the correct technique.	Receiving skills. Pupils practice controlling a ball using their feet or an implement. E.g stopping a football using the side of their foot, or trapping a moving ball using a tennis racket. Pupils begin to move in different directions in order to receive the ball.	Receiving skills. Pupils practice catching a variety of different balls using just their hands. Pupils begin to receive balls throw from further away or use single handed catches.