

Year 1 Medium Term Planning - Robins

<u>Date</u>	<u>Activity</u>	<u>Focus</u>
21.04.2022	Athletics	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• Know and can demonstrate the difference between walking, jogging and sprinting.</li> <li>• Develop agility</li> <li>• Develop moving and static jumps</li> <li>• Develop push and pull throws</li> <li>• Experience 'classic' sports day events</li> </ul>
28.04.2022	Athletics	
05.05.2022	Striking and fielding	
12.05.2022	Striking and fielding	
19.05.2022	Net and wall	<p style="text-align: center;"><u>Net and wall</u></p> <ul style="list-style-type: none"> <li>• Play a throw and catch rally over an obstacle</li> <li>• Hit a balloon with a racket over an obstacle</li> <li>• Use a racket safely</li> </ul>
26.05.2022	Net and wall	
09.06.2022	Athletics	
16.06.2022	Athletics	
23.06.2022	Striking and fielding	<p style="text-align: center;"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> <li>• Develop accuracy in throwing and catching</li> <li>• Use various ways of striking a ball</li> <li>• Play as a member of a team when fielding</li> </ul>
30.06.2022	Striking and fielding	
07.07.2022	Net and wall	
14.07.2022	Net and wall	

Year 1 Medium Term Planning - Sparrows

<u>Date</u>	<u>Activity</u>	<u>Focus</u>
21.04.2022	Striking and fielding	<p align="center"><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• Know and can demonstrate the difference between walking, jogging and sprinting.</li> <li>• Develop agility</li> <li>• Develop moving and static jumps</li> <li>• Develop push and pull throws</li> <li>• Experience 'classic' sports day events</li> </ul>
28.04.2022	Striking and fielding	
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12.05.2022	Net and wall	
19.05.2022	Athletics	<p align="center"><u>Net and wall</u></p> <ul style="list-style-type: none"> <li>• Play a throw and catch rally over an obstacle</li> <li>• Hit a balloon with a racket over an obstacle</li> <li>• Use a racket safely</li> </ul>
26.05.2022	Athletics	
09.06.2022	Striking and fielding	
16.06.2022	Striking and fielding	
23.06.2022	Net and wall	<p align="center"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> <li>• Develop accuracy in throwing and catching</li> <li>• Use various ways of striking a ball</li> <li>• Play as a member of a team when fielding</li> </ul>
30.06.2022	Net and wall	
07.07.2022	Athletics	
14.07.2022	Athletics	

Year 1 Medium Term Planning - Wrens

<u>Date</u>	<u>Activity</u>	<u>Focus</u>
21.04.2022	Net and wall	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• Know and can demonstrate the difference between walking, jogging and sprinting.</li> <li>• Develop agility</li> <li>• Develop moving and static jumps</li> <li>• Develop push and pull throws</li> <li>• Experience 'classic' sports day events</li> </ul>
28.04.2022	Net and wall	
05.05.2022	Athletics	
12.05.2022	Athletics	
19.05.2022	Striking and fielding	<p style="text-align: center;"><u>Net and wall</u></p> <ul style="list-style-type: none"> <li>• Play a throw and catch rally over an obstacle</li> <li>• Hit a balloon with a racket over an obstacle</li> <li>• Use a racket safely</li> </ul>
26.05.2022	Striking and fielding	
09.06.2022	Net and wall	
16.06.2022	Net and wall	
23.06.2022	Athletics	<p style="text-align: center;"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> <li>• Develop accuracy in throwing and catching</li> <li>• Use various ways of striking a ball</li> <li>• Play as a member of a team when fielding</li> </ul>
30.06.2022	Athletics	
07.07.2022	Striking and fielding	
14.07.2022	Striking and fielding	