

### Year 1 Medium Term Planning - AUTUMN TERM

Date	Activity	Focus
09.09.2022	Agility, balance and co-ordination - 'Innies + outies'. Pacing - Arrive on time.	Develop FUNdamental movement skills. Teach running a skill.
16.09.2022	Agility, balance and co-ordination - dishes + domes. Pacing - Buses arrive on time.	
23.09.2022	Agility, balance and co-ordination - bear, crab + front support. Dynamic balance - Lilly pads + Crocodiles.	<p style="text-align: center;"><b><u>Body control and awareness</u></b></p> <p>Develop agility, balance and co-ordination through chasing and avoiding games. Teach and develop footwork patterns such as multi-directional bounds/jumps, skips and hop scotch.</p> <p style="text-align: center;"><b><u>Gross motor skills</u></b></p> <p>Main focus on throwing. Secondary focus on catching and striking.</p> <p>All lessons have a running component.</p>
30.09.2022	Side steps and Skips. Throwing - messy bedrooms.	
07.10.2022	Side steps, skips and hops. Throwing - Slam ball.	
14.10.2022	Side steps, skips and hops. Throwing - escape the zoo.	
21.10.2022	Hops and bounces. Throwing - Popping pirates.	
04.11.2022	Agility, balance and co-ordination - 1 vs 1 tag. Dynamic balance + throwing - Cross the Galaxy.	
11.11.2022	Agility, balance and co-ordination - shark attack. Throwing - trampoline ball.	Further develop agility, dynamic balance and co-ordination through chasing and avoiding games. Co-ordinating body parts to move equipment e.g. ball.
18.11.2022	Agility, balance and co-ordination - Cross the river. Agility - rob the nest.	

25.11.2022	Agility, balance and co-ordination - fire and ice. Sending and striking - overload.	Main focus on sending skills. Secondary focus on catching.  All lessons have a running component.
02.12.2022	Agility, balance and co-ordination - team tag. Sending - run the gauntlet.	
09.12.2022	Agility, balance and co-ordination -team tag. Sending - rob the nest.	