

Year 1 Medium Term Planning - SPRING TERM 2023

Date	Activity	Focus
Week of 09.01.2023	Dodgeball	Throwing accurately at a target
Week of 16.01.2023	Dodgeball	Throwing at a moving target (opponent)
Week of 23.01.2023	Dodgeball	Moving body into a catching position
Week of 30.01.2023	Dodgeball	Game play - understanding simplified rules
Week of 06.02.2023	Invasion Games	Invading an opponent's space (personal)
Week of 20.02.2023	Invasion Games	Invading an opponent's space (personal)
Week of 27.02.2023	Invasion Games	Invading opposing teams space
Week of 06.03.2023	Invasion Games	Invading opposing teams space
Week of 13.03.2023	Net and wall	Hit an object with hand
Week of 20.03.2023	Net and wall	Hit an object over an obstacle (net)
Week of 27.02.2023	Net and wall	Return an object that has been hit/thrown over an obstacle (net)