

Year 1 Medium Term Planning - SUMMER TERM

| Date | Activity | Focus |
|--------------------|-----------------------------------|---|
| Week of 17.04.2023 | Athletics | Know and can demonstrate the difference between walking and jogging |
| Week of 24.04.2023 | Athletics | Know and can demonstrate the difference between jogging and sprinting |
| Week of 01.05.2023 | Athletics | Be agile when moving |
| Week of 08.05.2023 | Athletics | Use a static jump and push throw |
| Week of 15.05.2023 | Athletics | Use a moving jump and pull throw |
| Week of 22.05.2023 | Athletics | Experience 'classic' sports day events |
| Week of 05.06.2023 | Striking and fielding based games | Use under arm throwing and catching |
| Week of 12.06.2023 | Striking and fielding based games | Throw using overarm technique |
| Week of 19.06.2023 | Striking and fielding based games | Strike a ball with a body part |
| Week of 26.06.2023 | Striking and fielding based games | Strike a ball with a piece of equipment |
| Week of 03.07.2023 | Striking and fielding based games | Work with others to field quickly |
| Week of 10.07.2023 | Striking and fielding based games | Play a simplified game |