

Year 1 Medium Term Planning - SPRING TERM 2024

| Date               | Activity       | Focus  |
|--------------------|----------------|--|
| Week of 09.01.2024 | Dodgeball      | Throwing accurately at a target                                  |
| Week of 15.01.2024 | Dodgeball      | Throwing at a moving target (opponent)                           |
| Week of 22.01.2024 | Dodgeball      | Moving body into a catching position                             |
| Week of 29.01.2024 | Dodgeball      | Game play - understanding simplified rules                       |
| Week of 05.02.2024 | Invasion Games | Invading an opponent's space (personal)                          |
| Week of 12.02.2024 | Invasion Games | Invading an opponent's space (personal)                          |
| Week of 26.02.2024 | Invasion Games | Invading opposing teams space                                    |
| Week of 04.03.2024 | Invasion Games | Invading opposing teams space                                    |
| Week of 11.03.2024 | Net and wall   | Hit an object with hand  |
| Week of 18.03.2024 | Net and wall   | Hit an object over an obstacle (net)                             |
| Week of 25.02.2024 | Net and wall   | Return an object that has been hit/thrown over an obstacle (net) |