

Year 1 Medium Term Planning - SUMMER TERM

Date	Activity	Focus
Week of 15.04.2024	Athletics	Know and can demonstrate the difference between walking and jogging
Week of 22.04.2024	Athletics	Know and can demonstrate the difference between jogging and sprinting
Week of 29.04.2024	Athletics	Be agile when moving
Week of 06.05.2024	Athletics	Use a static jump and push throw
Week of 13.05.2024	Athletics	Use a moving jump and pull throw
Week of 20.05.2024	Athletics	Experience 'classic' sports day events
Week of 22.05.2024	Striking and fielding based games	Use under arm throwing and catching
Week of 03.06.2024	Striking and fielding based games	Throw using overarm technique
Week of 10.06.2024	Striking and fielding based games	Strike a ball with a body part
Week of 17.06.2024	Striking and fielding based games	Strike a ball with a piece of equipment
Week of 24.06.2024	Striking and fielding based games	Work with others to field quickly
Week of 01.07.2024	Striking and fielding based games	Play a simplified game

Week 08.07.2024	Striking and fielding based games	Play a simplified game
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