Year 1 Medium term plan 26/27 - Autumn

Week Commencing	Activity	Focus
7/9/26 14/9/26	Agility, balance and co-ordination – 'Innies + outies'. Pacing – Arrive on time.	Develop FUNdamental movement skills. Teach running a skill.
21/9/26 28/9/26	Agility, balance and co-ordination – dishes + domes. Pacing – Buses arrive on time.	
5/10/26	Agility, balance and co-ordination – bear, crab + front support. Dynamic balance – Lilly pads + Crocodiles.	**<u>Body control and awareness</u>** 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. **<u>Gross motor skills</u>** Main focus on throwing. Secondary focus on catching and striking. All lessons have a running component.
12/10/26	Side steps and Skips. Throwing – messy bedrooms.	
19/10/26	Side steps, skips and hops. Throwing – Slam ball.	
26/10/26	Side steps, skips and hops. Throwing - escape the zoo.	
2/11/26	Hops and bounces. Throwing – Popping pirates.	
9/11/26	High Knees and Heel Flicks Throwing – Hit the target	
16/11/26	Agility, balance and co-ordination – 1 vs 1 tag. Dynamic balance + throwing – Cross the Galaxy.	**<u>Body control and awareness</u>** Further develop agility, dynamic balance and co-ordination through chasing and avoiding games. Co-ordinating body parts to move equipment e.g. ball.
23/11/26	Agility, balance and co-ordination – shark attack. Throwing – trampoline ball.	

30/11/26 7/12/26 14/12/26	Agility, balance and co-ordination – Cross the river. Agility – rob the nest.	**<u>Gross motor skills</u>** Main focus on sending skills. Secondary focus on catching. All lessons have a running component.
04/01/27 11/01/27	Agility, balance and co-ordination – fire and ice. Sending and striking – overload.	
18/01/27	Agility, balance and co-ordination – team tag. Sending – run the gauntlet.	
25/01/27	Agility, balance and co-ordination –team tag. Sending – rob the nest.	
01/02/27 08/02/27	Agility, balance and co-ordination – team tag. Sending – simplified handball	