

MTP PE Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Topic title – Travel, Jumping and landing</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. Travel - Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. <i>Changing direction makes movements interesting.</i> Jumping - Keep your chest upright, don't tilt to one side. -Bend your knees & spring upwards to jump high.</p>	<p>Topic title – Dance - Seasons</p> <p>Key Knowledge – Know dance is all about moving our bodies to a musical rhythm. Know in dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings. Know the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding. Know how to use counts of 8 to stay in time with the music. Know examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. Know how actions look together.</p>	<p>Topic title – Balance and Contrast</p> <p>Key Knowledge – Know that gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. Know in gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. Know each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. Add quality by being still, pointing fingers & toes. When taking weight on hands, tense stomach</p> <p>Key Skills – I can move with some control and awareness of space I can link two or more actions to make a sequence</p>	<p>Topic title – Dance</p> <p>Key Knowledge – Know dance is all about moving our bodies to a musical rhythm. Know in dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings. Know the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding. Know how to use counts of 8 to stay in time with the music. Know examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. Know how actions look together.</p> <p>Key Skills –</p>	<p>Topic title – Multi Skills</p> <p>Key Knowledge – Know team games are a group of activities in which players need to work together. Know you can improve the speed at which you can do something by practicing it – getting your body used to it. Know how to move into a space. Know that running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible.</p> <p>Key Skills – I show control when rolling a ball. I can hit a ball with control, using appropriate equipment I can catch a ball / moving object I can kick with control</p> <p>Key Vocabulary – Team Building, Team Games, Communication,</p>	<p>Topic title – Athletics</p> <p>Key Knowledge – Know that athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events. Know that track events involve running and sprinting. Know that field events often use skills like jumping and throwing. Know that someone competing in athletics is known as an athlete.</p> <p>Key Skills – I can run with control I can jump with control</p> <p>Key Vocabulary – Athletics, Strength, Speed, Endurance, Running, Jumping, Throwing, Sprinting, Obstacle, Equipment Persevere, Hurdling, Distance</p>

	<p>-Try to land without much noise. Bend your knees. Landing – As you land remember to bend your knees</p> <p>Key Skills – I can move with some control and awareness of space I can link two or more actions to make a sequence I can climb safely on low level equipment I can jump in a variety of ways and land with some control and balance</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing, Sequence, Confidence, Feedback</p> <p>Fundamental Movements Balance on 1 foot Climb Line Walk</p>	<p>Key Skills – I can move with control and co-ordination I can link two or more actions in a sequence</p> <p>Key Vocabulary – Dance, Movement, Body, Balance, Control, Travelling, Facial, Expression, Sequence, Confidence, Coordination, Counting, Feedback, Mirroring</p> <p>Fundamental Movements Balance on 1 foot Side Roll Skip Gallop Side Gallop</p>	<p>I can show contrasts (eg: small / tall, straight / curved, wide / narrow)</p> <p>Key Vocabulary – Gymnastics, Strength, Balance, Flexibility, Control, Travelling, Balancing, Sequence, Confidence, Feedback, Contrast, Tall, Small, Straight, Curved, Wide, Narrow</p> <p>Fundamental Movements Balance on 1 foot Climb Line Walk</p>	<p>I can move with control and co-ordination I can link two or more actions in a sequence</p> <p>Key Vocabulary – Dance, Movement, Body, Balance, Control, Travelling, Facial, Expression, Sequence, Confidence, Coordination, Counting, Feedback, Mirroring</p> <p>Fundamental Movements Balance on 1 foot Side Roll Skip Gallop Side Gallop</p>	<p>Collaboration, Leadership, Strategy, Respect, Honesty, Reflection, Speed, Agility, Strength, Accuracy</p> <p>Fundamental Movements Underarm Throw Overarm Throw Catch large ball 2 Handed Strike Foot Dribble Kick</p>	<p>Fundamental Movements Sprint Run Skip Hop Gallop Side Gallop Jump for Height</p>
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Lesson 1	Travel in different ways. Changing direction Perform and evaluate	Seasons – Summer Perform and evaluate	Floor work - individual balance Perform and evaluate	Dinosaur Dance Individual Perform and evaluate	Basic movement and spatial awareness. Build up to a team game with rules	Sprinting
Lesson 2	Jumping and Landing – Floor work and low equipment (benches) Perform and evaluate	Seasons – Spring Perform and evaluate	Floor work – Partner balance Perform and evaluate	Dinosaur dance Partner / mirror Perform and evaluate	Movement with a ball Build up to a team game with rules	Throwing and long jump
Lesson 3	Travel on low equipment (benches) Jumping and landing off low equipment (straight and tuck) Perform and evaluate	Seasons – Autumn Perform and evaluate	Low level equipment – individual balance Perform and evaluate	Dinosaur dance Partner / mirror Perform and evaluate	Sending skills – rolling Build up to a team game with rules	Hurdles and relay
Lesson 4	Travel in different ways on low equipment (benches and boxes) Jumping and landing off equipment (straight and tuck) Perform and evaluate	Seasons - Winter Perform and evaluate	Low level equipment – Partner balance Perform and evaluate	Dinosaur dance Small group dance Perform and evaluate	Sending skills and receiving – throwing and catching Build up to a team game with rules	Throwing and long distance
Lesson 5	Working with a partner to travel across equipment in different ways Jumping and landing (straight and tuck)	Preform – in groups Evaluate ASSESS and hand to leader	Low level equipment – partner balance. Link balance to create a short sequence Perform and evaluate	Dinosaur dance Whole class dance Perform and evaluate	Aiming – into a net or hoop Build up to a team game with rules	Shuttle runs and long jump

	Perform and evaluate					
Lesson 6	<p>Working with a partner, thinking of different ways to travel</p> <p>Making a short sequence incl jumping and landing</p> <p>Perform and evaluate</p>		<p>Low level equipment – partner balance.</p> <p>Link balance to create a short sequence</p> <p>Perform and evaluate</p>	<p>Dinosaur dance</p> <p>Add the whole dance together and perform.</p> <p>ASSESS and hand to leader</p>	<p>Striking – Kicking a ball</p> <p>Build up to a team game with rules</p>	<p>Relay and 3 spring jump</p>
Lesson 7	<p>Working in a small group, thinking of different ways to travel</p> <p>Making a short sequence incl jumping and landing</p> <p>Perform and evaluate</p> <p>ASSESS and hand to leader</p>		<p>Low level equipment – partner balance.</p> <p>Link balance to create a short sequence (include travel and jumping and landing)</p> <p>Perform and evaluate</p> <p>ASSESS and hand to leader</p>		<p>Sending and receiving – throwing and catching</p> <p>Striking and gathering skills mixed</p> <p>ASSESS and hand to leader</p>	<p>Mixed</p> <p>ASSESS and hand to leader</p>
Lesson 8						