

# **S**SCHEME OF WORK

## INDOOR ATHLETICS - KS1 (YR 1&2)

<b>Lesson 1</b>	To perform various throwing , jumping and skipping activities
<b>Lesson 2</b>	How can you practice and improve your score?
<b>Lesson 3</b>	How can you work with your friends to move faster and throw further at each station?
<b>Lesson 4</b>	How can you improve your jumping skills?
<b>Lesson 5</b>	How can you co-operate in a team?
<b>Lesson 6</b>	How can you compete against yourself?

### Success Criteria:

#### Year1

- I can Jump from two feet to two feet
- I can Jump from two feet to two feet increasing my distance and getting a personal best (PB)
- I can chest push to my partner and move further away in distance
- I can bend my knees and push off when jumping
- I can co-operate and work as part of a team
- I can compete and get at least one Personal Best in the speed bounce

#### Year 2

- I can perform the speed bounce jumping over a cone, keeping my arms out for balance
- I can perform the speed bounce, jumping over a cone and improving my score to get a PB
- I can perform the speed bounce quickly, keeping my head upright to help with balance
- I can bend my knees and swing my arms to take off when jumping on the standing long jump
- I can co-operate in a team, compete against others and can encourage my teammates
- I can compare and improve my performance to get two or more Personal Bests on other activities



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## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- THROWING
- CATCHING
- JUMPING
- LEAPING
- CONTROL
- RUNNING
- ACCURACY
- SPEED
- SKIPPING
- HOPPING

## SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

## THINKING ME

- SELECT AND APPLY SKILLS
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



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## **End of Key Stage Attainments:**

### **Year 1**

**Has begun to master basic movements such as running**

**Has begun to Master basic movements such as jumping**

**Has begun to master basic movements such as throwing**

**Has begun to master basic movements such as catching**

**Has begun to demonstrate agility, balance, co-ordination**

**Has begun to co--operate in physical activities**

**Can begin to compete against self/ others in a range of increasingly challenging situations.**

### **Year 2**

**Can master basic movements such as running and begin to apply these in a range of activities**

**Can master basic movements such as jumping and begin to apply these in a range of activities**

**Can master basic movements such as throwing and begin to apply these in a range of activities**

**Can master basic movements such as catching and begin to apply these in a range of activities**

**Can demonstrate agility, balance, co-ordination**

**Can co-operate in physical activities**

**Can compete against self in a range of increasingly challenging situations**



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## Links to National Curriculum:

Literacy	<ul style="list-style-type: none"><li>• Acquiring wider vocabulary</li><li>• Discussion with peers</li><li>• Listening and following instructions</li></ul>
Numeracy	<ul style="list-style-type: none"><li>• Scoring</li><li>• Timing</li><li>• Counting</li><li>• Measuring</li></ul>
PSHE	<ul style="list-style-type: none"><li>• Patience / turn taking / fairness</li><li>• Working and being part of a team</li><li>• Communication, working in pairs / teams</li><li>• Perseverance, to improve on skills and scores</li><li>• Supporting their peers and showing good communication skills</li></ul>



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## Health & Safety

- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to wear appropriate footwear



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