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| **Physical Literacy Medium Term Plan KS1**  **NC POS:** A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect  **Concepts:** Joy of movement, personal challenge, building resilience  **Key vocabulary:** Technique, Flexibility, Confident, Challenge, Balance, Apply, co-ordination, strike, send, receive, throw, ready position and jump.  **Prior learning:** Physical Development elements of EYFS Curriculum |
| **Core knowledge: Physical Literacy**  **Object Manipulation**  -complex motor patterns that are basic to specialized sports and performed with some kind of object -requires hand-eye or foot-eye coordination -requires developmentally appropriate gross and fine motor abilities  -skills help form the foundation for many later sports activities -KS1 begin With throwing beanbag or large rubber balls  - Striking off a tee, using a bat, racket , feet or hands to hit a ball  - The four key aspects of object manipulation are throwing, catching, kicking , striking  **Locomotion**  -basic movement skills that are performed in different directions and at different speeds  -dynamic movements that propel the body upward, forward, or backward - The four key aspects of Locomotion: jumping, skipping, galloping, sliding(sideways movements)  **Stabilisation**  referred to as static movements because they are passive movements performed while standing in place  -lead to effective body management such as body control, flexibility, and balance The three key types of static movements: stretching, twisting, pushing |
| **Wider influences- Worth being familiar with**  -Link skills with specific sports IE, striking can be linked with Football, Cricket and Tennis etc.  - The use of themed skills IE, Move like an animal.  - Ascertain how often each child exercises outside of school.  - Are all children being physically active throughout the day? |
| **Enduring understanding**  Year 1 End of unit-  Children should have accessed focussed teaching around hopping, side galloping, skipping and over arm throwing. These should be in addition to practicing and developing static balances, sprinting, vertical jump and catching.  Year 2 End of unit-  I can demonstrate some control when striking.  I can demonstrate how to move into a space using a variety of movements.  I can explain how we can move in a variety of ways.  I can select and apply a range of skills.  I can demonstrate how to select and apply equipment safely. |
| **Local Links :**   * **Local sports clubs** * **Warrington Town FC** * **Warrington Wolves** |