



Planning Overview KS1 Games

Lesson	Main lesson objectives	Teaching Activities	Learning Outcomes
Running Movement Mechanics	<p>For all children to be able to changing direction with control.</p> <p>For all children to successfully be able to improve their movement mechanics and include speed whilst performing.</p>	<p>To set up a range of movement games to challenge the children's agility and coordination.</p> <p>Test the children's spatial awareness.</p> <p>Using ladders to improve children's running technique</p> <p>Set up basic relay races.</p>	<p>Children can move with control.</p> <p>Children have an awareness of space.</p> <p>Understand how to improve their running technique.</p> <p>Can move with speed and control.</p>
Jumping and travelling	<p>For all children to successfully use various jumping movements with control to change direction, using their arms and legs.</p> <p>For all children to identify techniques which help them to improve their jumping techniques.</p>	<p>Children to jump in various directions.</p> <p>Use arms for elevation.</p> <p>Basic use of arms and leg movements to use a variety of jumps with varying range</p> <p>Children to perform jumps over hurdles with consistency.</p> <p>2 feet to 1 foot, 1 foot to 1</p>	<p>Children will start to be able to jump confidently over a variety of distances.</p> <p>Children will understand why we use different parts of our body for elevation.</p> <p>Children will be able to jump consistently over ladders and hurdles.</p> <p>Children will be confident to use combinations.</p>

		foot, 2 feet to 2 feet.	
Random agility and balance	<p>For all children to be able to demonstrate explosive speed and random agility, and also understand how it relates to different activities.</p> <p>For all children to experience balancing, movement and combination work using various types of equipment.</p>	<p>Children to perform games and activities that will challenge their random agility.</p> <p>Children to take part in tagging games.</p> <p>Children to balance different equipment on different parts of their body.</p> <p>Children to move while balancing equipment.</p>	<p>The children are able to perform will speed and control.</p> <p>The children can explain how they can improve their performance to make themselves quicker.</p> <p>The children can understand how speed and random agility relate to different activities.</p> <p>Children can balance various pieces of equipment on their body successfully.</p> <p>Children are able to move whilst balancing equipment.</p>
Manipulation skills- Throwing, catching, rolling and fielding	<p>For all children to experience balancing, movement and combination work using various types of equipment.</p> <p>For all children to experience different types of equipment with control.</p> <p>For all children to perform a throw and catch with a partner.</p> <p>For all children to throw in various directions into targets.</p> <p>For all children to demonstrate how to roll and stop a ball</p>	<p>Develop the basics of throwing both under arm and over arm, and fielding techniques.</p> <p>Support the children to understand when to use the appropriate throwing or catching techniques.</p> <p>Children identifying and assess a high ball, moving into line with the ball to collect.</p> <p>Use a variety of equipment to throw- beanbag, tennis balls.</p>	<p>The children will start to be able to demonstrate a range of throwing and catching techniques with moderate success.</p> <p>Decision making skills for success, appropriate throwing or catching techniques used.</p> <p>Children will confidently be able to catch various equipment of varying sizes.</p> <p>Children to be able to show an understanding of fielding and retrieving.</p> <p>Children to be able to correctly</p>

	<p>moving.</p> <p>For all children to field a rolling ball and count their score.</p> <p>For all children to understand what accuracy and power are whilst throwing and why they are important.</p>	<p>Children to throw the bean bag inside a target area e.g hoops.</p> <p>Practice basic rolling and fielding skills between each other.</p>	<p>identify whether they need to move towards the ball or away from the ball to catch it.</p>
Competition	<p>For all children to understand competition and how performance helps their team.</p>	<p>To score points by trying to slide a beanbag over your opponents line.</p> <p>Opponent has to try and stop a goal being scored.</p> <p>Understand the basic rules and techniques.</p> <p>How can children assist their team?</p>	<p>For all children to understand competition and how their performance can help their team.</p> <p>Children should be able to successfully play a small game rolling and stopping the ball and understand the basic rules and techniques of a game situation.</p>
Sport Specific skills for hockey, football, cricket and tennis	<p>For all children to be able to hold a hockey stick and move the ball with control.</p> <p>For all children to understand how to pass and receive a hockey ball.</p> <p>For all children to be able to understand how to pass and receive the ball using both feet in football.</p> <p>For all children to understand how to hold a cricket bat and</p>	<p>Teach the children the correct way to hold the cricket bat and hockey stick.</p> <p>Teach the children to strike a moving ball, moving in line, watching the ball and creating good contact.</p> <p>Children to practice basic passing techniques of football and hockey.</p> <p>Learn two types of hockey</p>	<p>Children to successfully be able to strike a moving ball consistently in cricket and hockey.</p> <p>Be able to move in a line with the ball when stopping it.</p> <p>Use a confident technique to hold the cricket bat and a hockey stick.</p> <p>Be able to keep control of their ball, either by dribbling or passing the ball to a teammate.</p>

	<p>strike the ball in a small group.</p> <p>For all children to experience batting, bowling and fielding in small teams in cricket.</p> <p>For all children to have a go at bowling, fielding and batting.</p> <p>For all children to hold a tennis racquet correctly keeping control of their ball.</p> <p>For all children to be able to strike the tennis ball back to their partner.</p>	<p>pass; 'push and hit' pass.</p> <p>The children will practice bouncing the ball with different sized balls.</p> <p>The children will spend time manipulating the ball, with different parts of their foot and carry out general ball familiarisation skills.</p> <p>Children to practice basic dribbling techniques for hockey, learn how to hold a stick.</p>	<p>Children will be able to keep the ball close to their body.</p> <p>Children will be able to pass and receive the ball with control.</p> <p>Children will be able to successful bowl, bat and field a ball in cricket.</p> <p>Children can strike a ball in tennis.</p> <p>Children will be able to gain good understanding of the rules for hockey, cricket, tennis and football.</p>
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