

## Curriculum map Yr 1 using Lancashire Scheme of Work.

| Year 1                  | Autumn 1   | Autumn 2   | Spring 1  | Spring 2  | Summer 1   | Summer 2  |
|-------------------------|--|--|---|---|--|---|
| <b>Aims of unit</b>     | Children assessed and develop basic FMS. The baseline unit will be the basis on what is delivered in the FMS units                         | Children assessed and develop basic FMS. The baseline unit will be the basis on what is delivered in the FMS units   | <b>Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions. Eg two jumps or two rolls.</b> | <b>Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions. Eg two jumps or two rolls.</b> | Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games. | Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping. |
| <b>Lesson</b>           | <b>FMS- Catching</b>   | FMS underarm throw   | <b>Gymnastics 1</b>   | Gymnastics Activities 2   | FMS overarm Throw  | Athletics   |
| <b>Character Values</b> | <b>Concentration</b>   | <b>Determination</b>   | <b>Self belief</b>  | <b>Courage</b>  | <b>Co-operation</b>  | <b>Honesty</b>  |
| <b>Aims of unit</b>     | Children will explore basic body actions, eg jumping and turning, and use different parts of their body to create and repeat short dances. | Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games. | Children will explore basic body actions, eg jumping and turning, and use different parts of their body to create and repeat short dances.  | Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.  | Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games. | Children will explore basic body actions, eg jumping and turning, and use different parts of their body to create and repeat short dances.  |
| <b>Lesson 2</b>         | <b>Dance Fire Fire</b>   | <b>FMS Throwing and Catching</b>   | <b>Dance Travel</b>   | FMS Rolling a Ball  | FMS Catching and Bouncing a Ball   | Dance - Robots  |
| <b>Character Values</b> | <b>Gratitude</b>   | <b>Concentration</b>   | <b>Imagination</b>  | <b>Concentration</b>  | <b>Determination</b>   | <b>Imagination</b>  |