

BISHOP LONSDALE CHURCH OF ENGLAND PRIMARY SCHOOL AND NURSERY

BECOMING INDEPENDENT SUCCESSFUL HONEST OPEN-MINDED PEOPLE



Medium term plan B- Year 1 – Spring 1

Week	PE 1	PE 2	Music	PSHE	Computing
National Curriculum	<p>Know a range of FUNdamental movement skills. Know the different gym shapes. Know the key components for rolls. Cooperate with a partner. Perform shapes on different levels. Show a positive attitude towards gymnastics. Perform a linking sequence.</p>		<p>Identify pulse, rhythm and pitch. Learn songs. Perform songs. Rhythm in the Way we Walk and The Banana Rap</p>	<p>Living in the wider world – Belonging to a community -Media literacy and digital resilience -Money and work</p>	<p>- use logical reasoning to predict the behaviour of simple programs -use technology purposefully to create, organise, store, manipulate and retrieve digital content</p>
Week 1	<p>COMPLETE PE: GYMNASTICS: BODY PARTS Lesson 1: Introduction to big body parts Objective: What do pupils remember from the wide, narrow, curled sequence of learning? The focus of the learning is to apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies</p>	<p>Lesson 1: Introduction to big body parts continued</p>	<p>Step 1 Listen & appraise Rhythm in the way walk & Banana Rap. Identify voices and instruments. Play flexible games. Begin to learn the rap song.</p>	<p>Not this week</p>	<p>Digital writing: Lesson 1: Exploring the keyboard Lesson outcome: To use a computer to write I can open a word processor I can recognise keys on a keyboard I can identify and find keys on a keyboard</p>

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	on the floor and on apparatus.				
Week 2	Lesson 2: Introduction to small body parts. Objective: The focus of the learning is to apply 'champion gymnastics' to explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus.	Lesson 2: Introduction to small body parts continued	Step 2 Listen & appraise The Planets: Mars, and Rhythm in the way we walk. Play flexible games to find the pulse. Continue to learn the song.	To learn how to contribute to the life of the classroom. Design a Year 1 badge with the important qualities written and/or drawn.	Digital writing: Lesson 2: Adding and removing text Lesson outcome: To add and remove text on a computer I can enter text into a computer I can use letter, number, and space keys I can use backspace to remove text Subject knowledge: You will need to be familiar with the word processing software used in the school (Microsoft Word, Google Docs, or other).
Week 3	Lesson 3: Combining big and small with wide, narrow and curled	Lesson 3: Combining big and small with wide, narrow and curled continued.	Step 3 Listen & appraise The Tubular Bells and compare to Rhythm in the way walk. Play	To consider the importance of group and class rules. Draw a picture of the main character from the	Digital writing: Lesson 3: Exploring the toolbar

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	<p>The focus of the learning is to apply 'champion gymnastics' to explore movements and balances on the floor and on apparatus, using combinations of the following theme words; 'big' and 'small' with 'narrow,' 'wide' or 'curled.'</p>		<p>flexible games to find the pulse and rhythm. Continue to learn the rap song.</p>	<p>text and write a sentence explaining what lesson they learnt.</p>	<p>Lesson outcome: To identify that the look of text can be changed on a computer</p> <p>I can type capital letters</p> <p>I can explain what the keys that I have learnt about already do</p> <p>I can identify the toolbar and use bold, italic, and underline</p> <p>Subject knowledge: You will need to be familiar with the word processing software used in the school (Microsoft Word, Google Docs or other).</p> <p>You will need to be familiar with specific sections of the toolbar in the word processing</p>
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					software used in the school.
Week4	<p>Lesson 4: Transition between wide narrow and curled using big and small body parts</p> <p>The focus of the learning is to explore the different theme words, ('big' and 'small' with 'narrow,' 'wide' or 'curled,') changing the combinations on different apparatus.</p>	<p>Lesson 4: Transition between wide narrow and curled using big and small body parts continued</p>	<p>Step 4 Listen & appraise The Banana Rap. Play flexible games to find the pulse and rhythm. Learn to rap the song.</p>	<p>To learn about the needs of people and other living things. Draw the character from the text and write their needs all around the picture.</p>	<p>Lesson 4: Making changes to the text</p> <p>Learning outcome: To make careful choices when changing text I can select a word by double-clicking I can select all of the text by clicking and dragging I can change the font</p> <p>Subject knowledge: You will need to be familiar with the word processing software used in the school (Microsoft Word, Google Docs, or other). You will need to be familiar with specific sections of the toolbar in the word processing software used in the school.</p>

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<p>Week 5</p>	<p>Lesson 5: Adding (linking) movements together</p> <p>The focus of the learning is to explore adding movement combinations together to create mini sequences.</p>	<p>Lesson 5: Adding (linking) movements together continued.</p>	<p>Step 5 Listen & appraise Happy by Pharrell Williams and compare to The Banana Rap. Play flexible games to find the pulse and rhythm. Continue to learn and perform the rap song.</p>	<p>To learn about what improves and harms their local, natural and built environments. Think of two things you can do to improve our class or school. How can YOU help? <i>I can...</i></p>	<p>Lesson 5: Explaining my choices Lesson outcome: To explain why I used the tools that I chose I can say what tool I used to change the text I can decide if my changes have improved my writing I can use 'undo' to remove changes</p>
<p>Week 6</p>	<p>Lesson 6: Creative ways of adding (linking) movements together</p> <p>The focus of the learning is to adapt our mini sequences, exploring how we can make them more creative.</p>	<p>Lesson 6: Creative ways of adding (linking) movements together continued</p>	<p>Not this week</p>	<p>Not this week</p>	<p>Lesson 6: Explaining my choices Learning outcome: To compare writing on a computer with writing on paper I can write a message on a computer and on paper I can compare using a computer with using a pencil and paper I can say which method I like best</p> <p>Subject knowledge:</p>

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