

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Athletics	6	Summer 2	6 hours
<p>Key Vocabulary: Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, endurance, stamina, tactics, accuracy.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> <li>- Apply different techniques to different athletic events.</li> <li>- Understand tactics in order to win an event</li> <li>- Evaluate and review their own performance in order to make improvements.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Running: Identify how to change speeds	<p>Warm up – Patterns of movement, dynamic stretches, coordination (trigger)</p> <p>Running:</p> <ul style="list-style-type: none"> <li>- Demonstrate the ability to change speeds</li> <li>- Sprint over and between obstacles using consistent stride lengths</li> <li>- Pass a relay baton at speed using a push pass</li> </ul> <p>Cool Down – Slow movements, static stretching.</p> <p>Paired reflection – strengths and weaknesses</p>	<p>Cones</p> <p>Hurdles</p> <p>Bean bags</p> <p>Relay batons</p>

Lesson 2	1 hours	Jumping: Identify how to jump for distance	Warm up - Patterns of movement, dynamic stretches, agility (zig-zag) Jumping: <ul style="list-style-type: none"> <li>- How can we hop for distance?</li> <li>- Be able to jump for distance from 1 foot to 2 feet.</li> <li>- What is the importance of bending knees?</li> </ul> Cool down - Slow movements, static stretching. Peer reflection – Thumbs up/down	Cones Tape Hurdles Stopwatches
Lesson 3	1 hour	Core Tasks Be able to complete set core tasks using prior learning	Warm up - Patterns of movement, dynamic stretches, balance (push and pull) Core Tasks: <ul style="list-style-type: none"> <li>- How can we jump higher and further?</li> <li>- Set yourself targets for next throws</li> <li>- How quickly and how far can you accelerate for?</li> <li>- Find the best run up distance for your long jump</li> </ul> Cool down - Slow movements, static stretching. Personal Performance review – Traffic lights	Balls Bean bags Shuttlecocks Cones Stopwatch Hoop
Lesson 4	1 hour	Throwing: Be able to perform an push throw	Warm up - Patterns of movement, dynamic stretches, agility (follow my leader) Throwing: <ul style="list-style-type: none"> <li>- Perform a push throw to reach a target on the ground</li> <li>- How can we develop our technique with our body?</li> <li>- Throw with accuracy and speed</li> </ul> Cool down - Slow movements, static stretching. Paired reflection – Strengths and weaknesses	Cones Hoops Bean bags 3 large balls

Lesson 5	1 hour	Athletics competition: Be able to complete the athletics competition using prior learning	Warm up - Patterns of movement, dynamic stretches, coordination (patterns of skipping) Athletics competition: <ul style="list-style-type: none"> <li>- Pump arms to run faster</li> <li>- Bend knees whilst jumping</li> <li>- Opposite arm to foot when throwing</li> </ul> Cool down - Slow movements, static stretching. Personal Performance review – Traffic lights	Cones Metre sticks/Tape measures Stopwatch Bean Bags
Lesson 6	1 hour	Core Tasks Be able to complete set core tasks using prior learning	Warm up - Patterns of movement, dynamic stretches, balance (push and pull) Core Tasks: <ul style="list-style-type: none"> <li>- How can we jump higher and further?</li> <li>- Set yourself targets for next throws</li> <li>- How quickly and how far can you accelerate for?</li> <li>- Find the best run up distance for your long jump</li> </ul> Cool down - Slow movements, static stretching. Personal Performance review – Traffic lights	Balls Bean bags Shuttlecocks Cones Stopwatch Hoop