

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Ultimate Frisbee	6	Spring 1	6 hours
<p>Key Vocabulary: Frisbee, backhand throw, accuracy, two-handed rim catch, waist catch, pancake catch, forehand throw, hammer throw, end zone, positioning, flight, disc.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Understand how to send the frisbee from A to B using a range of techniques. - Understand how to catch a frisbee using more than 1 technique. - Understand tactics and positioning in order to score points. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Be able to throw a Frisbee using different techniques	<p>Warm up – Patterns of movement, dynamic stretching and focus on agility (avoid being tagged)</p> <p>Main content – (Sending) the pupils will learn how to perform a backhand throw technique and be able to develop this to gain accuracy and power through the teaching points. Pupils will also develop different ways of receiving a Frisbee which will be developed through sending as they need to catch the Frisbee. They will be working on; the two handed rim catch, below the waist catch and a pancake catch.</p>	<p>Soccer 2000 Plan</p> <p>Frisbees, cones, spots, bean bags</p>

			<p>Cool down – Static stretching, slow movements</p> <p>Self-reflection – children will discuss their own performance with a partner and identify strengths and improvements of the lesson.</p>	
Lesson 2	1 hour	Be able to throw a Frisbee using different techniques	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (control of the speed you are moving at)</p> <p>Main content – (Sending) the pupils will continue to learn different ways of sending. This is through learning how to perform a forehand and a hammer throw using the teaching points provided. Prior to this, the pupils will recap what they have learned previously by performing the backhand, as well as the catching techniques. Through this, pupils will gain more accuracy and power through repetition of the techniques.</p> <p>Cool down – slow movements, static stretching</p> <p>Self-reflection – paired reflection, children will discuss strengths and areas of improvement.</p>	<p>Soccer 2000 plan</p> <p>Frisbees, cones, spots, bean bags</p>
Lesson 3	1 hour	To be able to use prior skills developed in game or match situations.	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (be able to balance equipment whilst moving)</p> <p>Main content (core tasks) – pupils will use prior skills developed in order to complete game or match situations. Task 3, score from inside the end zone. In the first task pupils will play a game of ultimate frisbee with rules of the game. If</p>	<p>Soccer 2000 plan</p> <p>Cones, Frisbees, spots, bibs</p>

			<p>pupils were to understand and perform the task, they would be signed off with a date next to their name.</p> <p>Cool down – slow movements, static stretching</p> <p>Self-reflection – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made progress but still need to develop, and red being they did not improve today.</p>	
Lesson 4	1 hour	To be able to catch a Frisbee using different techniques.	<p>Warm up – patterns of movement, dynamic stretching, focus on co-ordination (be able to coordinate your movements)</p> <p>Main content (receiving) – be able to catch a frisbee using different techniques. They will be developing positioning and where to stand when receiving. Jumping when receiving, as well as reading the flight and judging the disc whilst it is in the air. Pupils will also work on ways to develop in game situations, such as catching and scoring.</p> <p>Cool down – slow movements, static stretching</p> <p>Self-reflection – personal performance review, – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made progress but still need to develop, and red being they did not improve today.</p>	Soccer 2000 Cones, Frisbees, balls, bean bags, bibs
Lesson 5	1 hour	To be able to send and receive in order to play a match or game situation	<p>Warm up – patterns of movement, dynamic stretching and focus on coordination (touch targets with good co-ordination)</p>	Soccer 2000 Plan

		within ultimate Frisbee.	<p>Main content (sending and receiving) – Pupils will use sending and receiving previously learnt in order to put into a game situation. Children will set up a pitch, start to play, work on scoring, moving the disc, changing of possession, substitutions, avoiding contact, fouls, self-refereeing and spirit of the game.</p> <p>Cool down – slow movements, static stretching</p> <p>Peer reflection – children will show a thumbs up to show they have learnt something new and ready for a next challenge, mid thumb for learn something and need to improve and thumb down for not learning anything and needs help during the lesson.</p>	Cones, Frisbees, balls, bean bags, bibs
Lesson 6	1 hour	To be able to use prior skills developed in game or match situations.	<p>Warm up – patterns of movement, dynamic stretching and focus on balance (balance whilst trying different ideas)</p> <p>Main content (core tasks) – pupils will use prior skills developed in order to complete game or match situations. Task 3, score from inside the end zone. In the first task pupils will play a game of ultimate Frisbee with rules of the game. If pupils were to understand and perform the task, they would be signed off with a date next to their name. Children will work on tasks they have not yet completed and progress to different tasks when they have been completed.</p> <p>Cool down – slow movements, static stretching</p> <p>Peer reflection – children will show a thumbs up to show they have learnt something new and ready for a next</p>	<p>Soccer 2000 plan</p> <p>Frisbees, cones, bean bags, bibs</p>

			challenge, mid thumb for learn something and need to improve and thumb down for not learning anything and needs help during the lesson.	
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