

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Net/wall games	2	Spring 2	6 hours

Key Vocabulary: balance, base, coordination, agility, direction, aim, throw, catch, target, position

Knowledge: Pupils will be taught to:

- Develop their technique when aiming and sending equipment to a target.
- Develop teamwork skills when sending and receiving objects.
- Improve consistency when striking an object.

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Sending – be able to send different equipment in different ways to a target	<p>Warm up – Patterns of movement, dynamic stretching and focus on co-ordination (patterns of skipping)</p> <p>Sending:</p> <ul style="list-style-type: none"> <li>• Look at the target</li> <li>• Face the target</li> <li>• Follow through towards the target</li> </ul> <p>Cool down – slow movements, static stretching</p>	<p>Soccer 2000</p> <p>cones</p> <p>different type of balls</p> <p>bean bags</p>

			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.	
Lesson 2	1 hour	Aiming – to be able to aim accurately when sending an object	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)</p> <p>Aiming:</p> <ul style="list-style-type: none"> <li>• Look at the target</li> <li>• Line up with your target</li> <li>• Follow through to the direction you want the ball to go</li> </ul> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.</p>	<p>Soccer 2000</p> <p>cones</p> <p>beanbags</p> <p>different balls</p>
Lesson 3	1 hour	Sending and receiving – be able to use prior learning in order to complete set net and wall tasks.	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Core Tasks :</p> <ul style="list-style-type: none"> <li>• Push the ball across and over the line</li> <li>• Throw the ball and make it bounce twice</li> <li>• Watch the ball bounce and hit It back</li> <li>• Catch the ball before it lands on a target.</li> </ul> <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</p> <p>Balls</p> <p>Bats/rackets</p> <p>Hoops</p> <p>Targets</p>

			Self-reflection – 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.	
Lesson 4	1 hour	Receiving – be able to work as a team when playing and receiving games	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Sending and receiving:</p> <ul style="list-style-type: none"> <li>• Be alert and ready for your turn</li> <li>• Move into position to hit the ball</li> <li>• Watch the flight of the ball</li> </ul> <p>Cool down – slow movements, static stretching</p> <p>Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.</p>	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>rackets</p> <p>bats</p>
Lesson 5	1 hour	Sending/striking – be able to consistently strike an object	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Striking and sending-</p> <ul style="list-style-type: none"> <li>• Stand side ways</li> <li>• Use a short backlift</li> <li>• Hold the bat/racket with a firm shaking hands grip</li> <li>• Look at the target</li> <li>• Hands ready</li> <li>• Watch the flight of the ball</li> </ul>	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p> <p>target mat</p>

			<ul style="list-style-type: none"> <li>• Cushion the ball</li> </ul> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.</p>	
Lesson 6	1 hour	Sending and receiving – be able to use prior learning in order to complete set net and wall tasks.	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Core Tasks :</p> <ul style="list-style-type: none"> <li>• Push the ball across and over the line</li> <li>• Throw the ball and make it bounce twice</li> <li>• Watch the ball bounce and hit It back</li> <li>• Catch the ball before it lands on a target.</li> </ul> <p>Cool down – slow movements, static stretching</p> <p>Self-reflection – 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>	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p> <p>target mat</p>