

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Athletics	5	Summer 2	5 hours
<p>Key Vocabulary: Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, endurance, stamina, tactics, accuracy, measure.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Develop different techniques for different athletic events. - Understand tactics in order to win an event - Evaluate and review their own performance in order to make improvements. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT: refine throwing skills	<p>Warm up – Move around in different ways/speeds/directions, stopping for dynamic stretches</p> <p>Key fundamentals of athletics – Throwing, running, jumping</p> <p>Recap throwing overarm from last term (cricket) teaching points</p> <p>Children to throw ball in pairs. Increase distance each successful throw. (STEP)</p> <p>Thrown for distance – Where do you release the ball?</p>	<p>Balls</p> <p>Cones</p>

			Cool down – Dynamic stretches	
Lesson 2	1 hour	WALT: jump for distance	<p>Warm up – Move around in different ways/speeds/directions, stopping for dynamic stretches</p> <p>Teaching points for jumping – Speed bounce</p> <p>Teaching points – Jumping for distance. What body parts do you use?</p> <p>Standing jump – Measure (paired work)</p> <p>2 step jump – Measure (paired work)</p> <p>Run up jump - – Measure (paired work)</p> <p>Recap teaching points/Self evaluation</p> <p>Cool down – Dynamic stretches</p>	<p>Hurdles</p> <p>Chalk</p> <p>Measuring tape</p>
Lesson 3	1 hour	WALT: Jump for height	<p>Warm up – Traffic light game</p> <p>Teaching points – Jumping for height. What body parts do we use? What sports do we need this skill for?</p> <p>1 footed jump for height, then 2 footed jump for height (Standing)</p> <p>Evaluate.</p> <p>Running jump for height (1 footed and 2 footed) – Which gained the most height? Why?</p> <p>Cool down – Dynamic stretches</p>	<p>Chalk</p> <p>Ropes</p> <p>Measuring tape</p> <p>Cones</p>
Lesson 4	1 hour	WALT: Run quickly	<p>Warm up – Move around in different ways/speeds/directions, stopping for dynamic stretches</p> <p>Teaching points for sprinting – Body position, Technique when running, Focus while running</p>	<p>Stopwatches</p> <p>Cones/Spots</p>

			<p>Children to work in pairs to time each other – before and after teaching points. Which was quicker?</p> <p>Running over hurdles – lead with same leg each time.</p> <p>Children to complete races – shuttles, sprints, obstacle (teach technique for hoops)</p> <p>Cool down – dynamic stretches</p>	
Lesson 5	1 hour	WALT: Run for distance	<p>Warm up – Move around in different ways/speeds/directions, stopping for dynamic stretches</p> <p>Teaching points for endurance – Body position, Technique when running, Focus while running, pacing your run</p> <p>Children to work in pairs to time each other around football pitch – before and after teaching points. Which was quicker?</p> <p>Children to complete different distance races depending on ability</p> <p>Cool down – dynamic stretches</p>	