

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Multi skills	2	Autumn 1	6 hours
Key Vocabulary: balance, base, coordination, agility, direction, aim, throw, catch				
Knowledge: Pupils will be taught to:				
<ul style="list-style-type: none"> <li>- Demonstrate good control while balancing with and without objects.</li> <li>- Use agility to change direction quickly.</li> <li>- Begin to compete against others.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Fundamentals of movement and balance – be able to balance on one foot for a set period of time	<p>Warm up – Patterns of movement, dynamic stretching and focus on co-ordination (patterns of skipping)</p> <p>Balance</p> <ul style="list-style-type: none"> <li>• Wide apart for a stronger base</li> <li>• Use arms to counterbalance legs</li> <li>• Keep your centre in the middle of the base</li> <li>• Think about how to counterbalance</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	Fundamentals of movement & co-ordination – be able to use co-ordination to keep control of an object	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)</p> <p>Co-ordination</p> <ul style="list-style-type: none"> <li>• Move feet into line with the ball</li> <li>• Get hands ready to catch</li> <li>• Look at the target/ball</li> <li>• Think how to receive 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>	<p>Soccer 2000</p> <p>cones</p> <p>beanbags</p> <p>different balls</p>
Lesson 3	1 hour	Agility – be able to use your agility to change direction quickly	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Agility –</p> <ul style="list-style-type: none"> <li>• Small fast steps when running</li> <li>• Swinging your arms</li> <li>• Lean forwards to start fast</li> <li>• Look ahead</li> </ul> <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</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	Agility balance and co-ordination – to use all previous skills learnt.	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Multi skills competition –</p> <ul style="list-style-type: none"> <li>• Step into the throw</li> <li>• Use arms to maintain balance</li> <li>• Body, arms and legs working together</li> <li>• Think about how to go faster, aim, throw and catch</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>bibs</p>
Lesson 5	1 hour	Agility balance and co-ordination – to use all previous skills learnt.	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Multi skills competition –</p> <ul style="list-style-type: none"> <li>• Step into the throw</li> <li>• Use arms to maintain balance</li> <li>• Body, arms and legs working together</li> <li>• Think about how to go faster, aim, throw and catch</li> </ul> <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p> <p>target mat</p>

			Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.	
Lesson 6	1 hour	Agility balance and co-ordination – to use all previous skills learnt.	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Multi skills competition –</p> <ul style="list-style-type: none"> <li>• Step into the throw</li> <li>• Use arms to maintain balance</li> <li>• Body, arms and legs working together</li> <li>• Think about how to go faster, aim, throw and catch</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>