

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Net/wall games	1	Spring 2	6 hours
Key Vocabulary: balance, base, coordination, agility, direction, aim, throw, catch, target, position				
Knowledge: Pupils will be taught to:				
<ul style="list-style-type: none"> - Begin to develop their technique when aiming and sending equipment to a target. - 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"> • Look at the target • Face the target • Follow through towards the target <p>Cool down – slow movements, static stretching</p> <p>personal performance review, – red, yellow, green. Judge performance based on green being successful, yellow being</p>	<p>Soccer 2000</p> <p>cones</p> <p>different type of balls</p> <p>bean bags</p>

			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"> • Look at the target • Line up with your target • Follow through to the direction you want the ball to go <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"> • Push the ball across and over the line • Throw the ball and make it bounce twice • Watch the ball bounce and hit It back • Catch the ball before it lands on a target. <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	Striking – be able to strike the ball with consistency	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Striking:</p> <ul style="list-style-type: none"> • Step forwards when sending an object • Use arms to maintain balance • Body, arms and legs working together • Think how is best to aim <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>quoits</p>
Lesson 5	1 hour	Sending – be able to send a ball accurately to a target	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Sending –</p> <ul style="list-style-type: none"> • One foot in front of another • Use non-throwing arm to aim • How should you stand • Which ball is it best to aim for? 	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p> <p>target mat</p>

			<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	Striking and fielding – to be able to complete set core tasks using prior learning.	<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"> • Be able to use sending and receiving skills learnt previously to complete core tasks • Be able to know the triggers to run, and when to receive. <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>