

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Invasion	3	Spring 1	6 hours
<p>Key Vocabulary: Hockey, pitch, stick, ball, passing, receiving, striking, attacking, defending, positioning, tactics, traveling, dribbling, control.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Maintain control of the ball. - Develop proper technique when passing and striking a ball. - Begin to participate in team games. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Travelling – be able to travel whilst keeping a ball under control	<p>Warm up – Patterns of movement, dynamic stretching and focus on agility (follow my leader)</p> <p>Main content – pupils in the first session will develop their travelling and control of the ball. The aims of them doing so include:</p> <ul style="list-style-type: none"> • The ball should be in contact with the flat side of the stick to ensure close control • Ball should be ahead of feet 	<p>Soccer 2000 plan</p> <p>Cones</p> <p>Hockey sticks</p> <p>Balls</p>

			<ul style="list-style-type: none"> Encourage children to run with their knees bent and backs straight, look ahead of the ball <p>Cool down- static stretching, slow movements.</p> <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.</p>	
Lesson 2	1 hour	Travelling – to be able to keep the ball under control using a hockey stick,	<p>Warm up – Patterns of movement, dynamic stretching and focus on co-ordination (different patterns of co-ordination)</p> <p>Main content – pupils in the second session players will be working on the different ways to keep a ball under control using the hockey stick, this will be achieved through the following teaching points.</p> <ul style="list-style-type: none"> The ball should remain in contact with the flat side of the hockey stick at all times to ensure close control Encourage children to run with their knees slightly bent backs are straight Encourage children to move their feet and stay balanced <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 plan</p> <p>Cones</p> <p>Quick sticks</p> <p>balls</p>

Lesson 3	1 hour	To be able to complete set core tasks within Quick sticks invasion.	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Main content – players in the third session will be introduced to core invasion tasks where they will be playing game situations within hockey and marked off accordingly. The includes tasks 1-5.</p> <p>Cool down- static stretching, slow movements.</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>Sticks</p> <p>hoops</p>
Lesson 4	1 hour	Quicksticks, sending and receiving – to be able to dribble with a ball at speed	<p>Warm up – patterns of movements, dynamic stretching and focusing on balance (maintain balance whilst changing position)</p> <p>Main content – This session is a focus on sending and receiving, as well as recapping prior learning of travelling with the ball. The main aim of the session is to be able to dribble with the ball at speed. This will be achieved through the following teaching points:</p> <ul style="list-style-type: none"> • Children should be encouraged to look up and see where they are passing the ball • Children should have a wider grip on the stick to move hands further apart for more power • Welcome the ball onto the flat side of the stick with flat hands. 	<p>Soccer 2000</p> <p>Plans</p> <p>Hockey sticks</p> <p>Balls</p> <p>Hoops</p> <p>cones</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 5	1 hour	<p>Sending – to be able to shoot with power towards the target/goal</p>	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (be able to balance equipment whilst moving)</p> <p>Main content – players in this session will be looking at sending and how to shoot with power towards the target or goal. This will be achieved through the following teaching point in the games played.</p> <ul style="list-style-type: none"> • To have a balanced body position when passing • To pass over short and long distances • Knees bent and back straight <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 plan</p> <p>Cones</p> <p>Hockey sticks</p> <p>Balls</p>
Lesson 6	1 hour	<p>To be able to complete set core tasks within Quick sticks invasion.</p>	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Main content – players in the third session will be introduced to core invasion tasks where they will be playing</p>	<p>Soccer 2000 plan</p> <p>Hockey sticks</p> <p>Balls</p>

			<p>game situations within hockey and marked off accordingly. The includes tasks 1-5.</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>	cones
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