

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Gymnastics	1	Autumn 2	6 hours
<p>Key Vocabulary: sequences, balances, coordination, travel, holding shapes, jumping, leaping, rolling, vault, point balances, support, tension.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Create a movement sequence with a beginning, middle and end. - Perform a range of actions with some coordination - Demonstrate simple balances. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	To develop shape and stability	<p>Warm up: Wake and Shake</p> <p>Development of shape vocabulary and core stability:</p> <ul style="list-style-type: none"> - Stretched and tucked shapes - Straddle and pike shapes - Travelling using hands, feet and alternative body parts. <p>Cool Down:</p> <p><u>Static Stretching</u></p>	Mats

			<p>Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u> Red = Did not improve today Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge</p>	
Lesson 2	1 hour	To develop coordination and stability	<p>Warm Up: Wake and Shake</p> <p>Main Activity:</p> <ul style="list-style-type: none"> - Basic jumps - Landing, jumps, leaps and turns - Standing, kneeling and large body part balances - Balance on hands, feet and head. <p>Cool Down: <u>Static Stretching</u> Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u> Red = Did not improve today Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge</p>	Mats

Lesson 3	1 hour	To coordinate hands and feet with objects	<p>Warm Up: Wake and Shake</p> <p>Main Activity:</p> <ul style="list-style-type: none"> - Hand apparatus – Hoop, rope, ribbon - Side rolls, progressing to forward and backward rolls - Introduction to handstands and cartwheels <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u></p> <p>Red = Did not improve today Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge</p>	<p>Hoops Rope Ribbons Mats</p>
Lesson 4	1 hour	To gain confidence on apparatus & to be able to combine different movements	<p>Warm Up: Wake and Shake</p> <p>Main Activity:</p> <ul style="list-style-type: none"> - Using larger apparatus - Beginning partner work - Initial development of sequence work <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p>	<p>Larger apparatus mats</p>

			<p><u>Personal Performance Review</u></p> <p>Red = Did not improve today</p> <p>Yellow = Made some progress but still work to be done</p> <p>Green = Successful at all aspects – Ready for next challenge</p>	
Lesson 5	1 hour	To apply knowledge to a festival	<p>Warm Up: Wake and Shake</p> <p>Main Activity: Multi-skill festival</p> <ul style="list-style-type: none"> - Hopscotch - Run and Jump - Bench Walker - Stand on the Platform - Animal Walks - I Rock - Straddle - Bench Balance <p>Cool Down: <u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u></p> <p>Red = Did not improve today</p>	Benches Mats

			<p>Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge</p>	
Lesson 6	1 hour	To apply knowledge to core activities	<p>Warm Up: Wake and shake</p> <p>Main Activity:</p> <p><u>Core Tasks</u></p> <p><u>Activity 1</u></p> <p>Choose 2 ways to travel. Choose a link movement. Choose a shape for the start and finish. Link all of these together.</p> <p><u>Activity 2</u></p> <p>Choose either 3: jumps, rolls or ways of taking weight off your hands. Link the movements together. Repeat the movement phrase.</p> <p><u>Activity 3</u></p> <p>Choose either 4: balances, jumps, rolls, shapes. Choose a clear start position. Move smoothly between shapes and actions.</p>	<p>Mats</p> <p>Benches</p>

		<p><u>Activity 4</u></p> <p>Choose apparatus to add to your sequence of 4 elements. Add a partner's sequence to yours. Perform the new sequences as a pair.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u></p> <p>Red = Did not improve today Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge</p>	
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