

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Gymnastics	6	Autumn 2	6 hours
<p>Key Vocabulary: sequences, balances, coordination, travel, headstand, symmetry, asymmetry, 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"> - Evaluate their own and others' performances. - Link actions to create more complex sequences, performing a range of actions. - Confidently use equipment. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Holding and control, lands, jumps leaps and turns.	<p>Body preparation –</p> <p>Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around</p> <p>Legs: Ankle bending, foot circling, raised knees and feet</p> <p>Trunk: Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content- lesson one pupils will focus on Tops gymnastics card 3 & 4. The first card involve students</p>	<p>Soccer 2000 Plan</p> <p>Mats, benches</p>

			<p>working on balancing and holding control of their balances with weight on hands. They will be try and be able to perform different supports and holds, front support, back support, headstand, numbered point balances. Children may then move onto jumps and landing progressing to soft landing as well as different types of jumps.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – 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	Be able to perform different rolls and body shapes.	<p>Body preparation – Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around Legs: Ankle bending, foot circling, raised knees and feet Trunk: Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content- in the second session pupils will be able to develop different types of rolls, forward roll and backward roll. They will perform travels and movements up to doing these rolls to improve their technique. These can be moved towards then performing matched rolls with a partner or a group. Pupils will also perform different shapes and think of their own shapes individually or as a group.</p>	<p>Soccer 2000 plan</p> <p>Mats, benches</p>

			<p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – 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 3	1 hour	To be able to perform different ways of travelling as well as developing and starting sequences.	<p>Body preparation –</p> <p>Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around</p> <p>Legs: Ankle bending, foot circling, raised knees and feet</p> <p>Trunk: Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content – in this session pupils will be working on different ways of travelling leading up to sequences. They will be using prior learning from previous lessons in order to then put together and link movements in a group or a pair. The children will then be judged by other groups on their performances. In the performances children will score more points for being creative and linking movements together, either synchronized or in canon.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made</p>	<p>Soccer 2000 plan</p> <p>Mats, benches</p>

			progress but still need to develop, and red being they did not improve today.	
Lesson 4	1 hour	To be able to use prior learning in able to complete set core tasks to be marked off.	<p>Body preparation – Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around</p> <p>Legs: Ankle bending, foot circling, raised knees and feet</p> <p>Trunk: Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content – to be able to use prior learning in able to complete set tasks to be marked off. Activity 7 is the first task which they must create a sequence as a group or individually with 6 elements of prior learning such as rolls, shapes etc... this must then be performed to another group. When tasks are completed they will then move to the next task.</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>	<p>Soccer 2000</p> <p>Mats, benches</p>
Lesson 5	1 hour	To be able to work with a partner and try and develop different paired balances as well as	<p>Body preparation – Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around</p> <p>Legs: Ankle bending, foot circling, raised knees and feet</p> <p>Trunk:</p>	<p>Soccer 2000</p> <p>Plan</p> <p>Mats, benches,</p>

		using higher apparatus.	<p>Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content- in this session children will be working with a partner to try and solidify paired balances that are on the card 12. They will try different ones try to maintain balance. Following this they will then be using large apparatus to try different travels and balances, such as benches.</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>	higher apparatus
Lesson 6	1 hour	To be able to use prior learning in able to complete set core tasks to be marked off.	<p>Body preparation –</p> <p>Arms & shoulders, legs & trunk: Stretch arms, push ups, circling around</p> <p>Legs: Ankle bending, foot circling, raised knees and feet</p> <p>Trunk: Twisting, on all fours, arching, kneeling, lying on stomach</p> <p>Main content – to be able to use prior learning in able to complete set tasks to be marked off. Activity 7 is the first task which they must create a sequence as a group or individually with 6 elements of prior learning such as rolls, shapes etc... this must then be performed to another group. When tasks are completed they will then move to the next task.</p>	<p>Soccer 2000 plan</p> <p>Mats, benches, higher apparatus</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>	
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