

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Athletics	1	Summer 2	6 hours
<p>Key Vocabulary: Sprinting, running, jogging, jumping, throwing, overarm, underarm, hop, skip, jump, accelerate, relay, baton, endurance, stamina, tactics, accuracy, measure.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Vary their pace and speed when running. - Perform different types of jumps. - Throw underarm and overarm. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Running – be able to run with good posture and speed.	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (balance tag)</p> <p>Running-</p> <ul style="list-style-type: none"> • Walk and run with good posture and balance • Move quickly to a base in response to voice instructions • Complete an obstacle with speed, control and agility. 	<p>Soccer 2000</p> <p>cones</p> <p>bean bags</p>

			<p>Cool down – slow movements, static stretching</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	Jumping – to be able to jump with balance and distance.	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)</p> <p>Jumping:</p> <ul style="list-style-type: none"> • Increase ability to jump far • Link multiple step and jump combinations with balance and co-ordination • Jump quickly from side to side showing co-ordination and balance. <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>agility ladders</p>
Lesson 3	1 hour	Athletics – to be able to complete set core tasks using running, jumping and throwing	<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"> • How far and high can you throw? • How accurately can you throw • Jump in different ways • Try different ways of running, jumping and throwing 	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</p> <p>Stop watches</p> <p>Speed bounce mat</p>

			<ul style="list-style-type: none"> • Run in a relay team <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>	
Lesson 4	1 hour	Throwing – to be able to throw with speed and agility.	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Throwing</p> <ul style="list-style-type: none"> • Throw with agility • Throw with speed • Stay balanced • Complete a throwing obstacle course with control and accuracy <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>bean bags</p> <p>stop watches</p>

Lesson 5	1 hour	Throwing – to use different types of throws with accuracy	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Throwing –</p> <ul style="list-style-type: none"> • Use an underarm action to throw accurately • Throwing accurately at raised targets • Throw with speed and agility <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>balls</p> <p>bibs</p> <p>target mat</p>
Lesson 6	1 hour	Athletics – to be able to complete set core tasks using running, jumping and throwing	<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"> • How far and high can you throw? • How accurately can you throw • Jump in different ways • Try different ways of running, jumping and throwing • Run in a relay team <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>stop watch</p> <p>speed bounce mat</p>

