

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Invasion	1	Spring 1	6 hours
Key Vocabulary: balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce.				
Knowledge: Pupils will be taught to: <ul style="list-style-type: none"> <li>- Demonstrate some control while sending and traveling with objects.</li> <li>- Receive a ball with confidence.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Travelling – be able to control of an object whilst travelling	Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)  Travelling <ul style="list-style-type: none"> <li>• Work in pairs to discover ways of holding the ball and giving it to each other</li> <li>• Move faster with the ball</li> <li>• Discuss what design of the course to help them improve</li> </ul> Cool down- slow movements, static stretching	Soccer 2000  cones different types of balls bats

			Evaluation, paired reflection – in pairs children will discuss their own performance and identify one strength to maintain and one weakness they could improve.	
Lesson 2	1 hour	Sending – be able to send an object in a variety of ways	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Sending –</p> <ul style="list-style-type: none"> <li>• Kick the ball for accuracy and short distances with side of the foot</li> <li>• To successfully use different types of throws</li> <li>• Choose an appropriate distance for throwing and catching to increase the distance they can send.</li> </ul> <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>beanbags</p> <p>different balls</p>
Lesson 3	1 hour	Sending and travelling – be able to use prior learning to complete core 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"> <li>• Bounce the ball and knock over the skittle</li> <li>• Score in your goal</li> <li>• Be able to complete invasion game situations</li> </ul>	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</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>	
Lesson 4	1 hour	Co-ordination & receiving – be able to receive a ball with confidence.	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Co-ordination</p> <ul style="list-style-type: none"> <li>• Be able to get in line with a ball or piece of equipment</li> <li>• Choose an appropriate distance for throwing and catching to increase the distance as they improve.</li> </ul> <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>bibs</p>
Lesson 5	1 hour	Sending and receiving – to be able to send and receive in opposed situations	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Sending and receiving</p> <ul style="list-style-type: none"> <li>• Work out the best position to receive the ball</li> <li>• How to keep possession</li> </ul> <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p>

			Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.	
Lesson 6	1 hour	Sending and travelling – be able to use prior learning to complete core 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"> <li>• Bounce the ball and knock over the skittle</li> <li>• Score in your goal</li> <li>• Be able to complete invasion game situations</li> </ul> <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>