

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Athletics	3	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"> - Understand why we adjust running speed over different distances. - Develop effective technique when jumping from a stationary position. - Begin to evaluate and review their own performance in order to make improvements. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Running – to develop running to accelerate faster.	<p>Warm up – Patterns of movement, dynamic stretching and focus on co-ordination (patterns of skipping)</p> <p>In this session we will be focusing on working on running and the key points which will help us get faster.</p> <ul style="list-style-type: none"> • Sprint over short distances • Make a rapid decision to run in a particular direction • How can your partner improve their running technique? 	<p>Soccer 2000 plan</p> <p>Cones</p> <p>Stop watch</p> <p>Ladders</p> <p>Bean bags</p> <p>Batons</p>

			<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>	quoits
Lesson 2	1 hour	<p>Jumping – to be able to develop jumping technique to be able to get further and higher.</p>	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)</p> <p>In this session children will be focusing on jumping and how to project their jumps. This will be achieved through the following teaching points.</p> <ul style="list-style-type: none"> • How fast do you think you can jump or bounce, why do you think this? • Jump for height from standing • Hop, step and jump in the correct sequences <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>Spots</p> <p>Chalk</p> <p>Stopwatches</p>
Lesson 3	1 hour	<p>To be able to complete set core tasks within Athletics.</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 – pupils in the session will develop prior learning to complete set core tasks.</p> <ul style="list-style-type: none"> • Run in a relay team 	<p>Soccer 2000</p> <p>Cones</p> <p>Hurdles</p> <p>Markers</p>

			<ul style="list-style-type: none"> • How far can you run in a time? • How high and far can you jump? • How high and far can you throw? <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>Hurdles</p> <p>Rope</p> <p>Stop watches</p>
Lesson 4	1 hour	Running and jumping – to be able to develop a sequence of running and jumping	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Pupils will be working on developing a sequence of running and jumping through various games, via the teaching points:</p> <ul style="list-style-type: none"> • Hop, step and jump in a correct sequence • Use a short run to jump from one to two feet • Maintain a good running technique when sprinting <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>Plans</p> <p>Spots</p> <p>Cones</p> <p>Hurdles</p>
Lesson 5	1 hour	Throwing – to be able to demonstrate and develop a push throw	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p> <p>Main content – players in this session will be looking throwing and developing their push throw technique through the following teaching points:</p>	<p>Soccer 2000 plan</p> <p>Cones</p> <p>Large balls</p>

			<ul style="list-style-type: none"> • Demonstrate a two handed push throw • Demonstrate a variety of throwing techniques • Evaluate effective throwing actions <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>Beanbags</p> <p>Quoits</p> <p>Hoops</p>
Lesson 6	1 hour	To be able to complete set core tasks within Athletics.	<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 – pupils in the session will develop prior learning to complete set core tasks.</p> <ul style="list-style-type: none"> • Run in a relay team • How far can you run in a time? • How high and far can you jump? • How high and far can you throw? <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>Soccer 2000</p> <p>Cones</p> <p>Hurdles</p> <p>Markers</p> <p>Hurdles</p> <p>Rope</p> <p>Stop watches</p>