

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Athletics	2	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"> <li>- Run at different paces and over varied distances.</li> <li>- Perform and compare different types of jump.</li> <li>- Throw with accuracy at different targets.</li> </ul>				

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"> <li>• Walk and run with good posture and balance</li> <li>• Move quickly to a base in response to voice instructions</li> <li>• Complete an obstacle with speed, control and agility.</li> </ul>	<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"> <li>• Increase ability to jump far</li> <li>• Link multiple step and jump combinations with balance and co-ordination</li> <li>• Jump quickly from side to side showing co-ordination and balance.</li> </ul> <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"> <li>• How far and high can you throw?</li> <li>• How accurately can you throw</li> <li>• Jump in different ways</li> <li>• Try different ways of running, jumping and throwing</li> </ul>	<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"> <li>• Run in a relay team</li> </ul> <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"> <li>• Throw with agility</li> <li>• Throw with speed</li> <li>• Stay balanced</li> <li>• Complete a throwing obstacle course with control and accuracy</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>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"> <li>• Use an underarm action to throw accurately</li> <li>• Throwing accurately at raised targets</li> <li>• Throw with speed and agility</li> </ul> <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"> <li>• How far and high can you throw?</li> <li>• How accurately can you throw</li> <li>• Jump in different ways</li> <li>• Try different ways of running, jumping and throwing</li> <li>• Run in a relay team</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>stop watch</p> <p>speed bounce mat</p>

