

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Gymnastics	4	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"> <li>- Improve technique when balancing</li> <li>- Perform and create sequences with fluency and expression.</li> <li>- Describe and evaluate their own and each others' performance.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Balance, landing, jumps leaps and turns – to be able to maintain balance for a period of time.	<p>Body preparation –</p> <p>Arms &amp; shoulders, legs &amp; 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 – these session pupils will focus on gymnastics card 2 &amp; 5, they will first of all, be looking and different ways</p>	<p>Soccer 2000 plan</p> <p>mats</p> <p>benches</p>

			<p>of balancing and maintaining balances. This will then progress to different jumps, and then learning how to land softly, as well as different leaps and turns.</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>	
Lesson 2	1 hour	Shapes & rolling – to able to create and hold different shapes as well as performing different types of rolls.	<p>Body preparation –</p> <p>Arms &amp; shoulders, legs &amp; 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 focusing on gymnastics card 9 and card 6. The first thing that they will be doing is holding different sets of shapes for a period of time either on the floor or standing up. This will then develop onto different types of rolls.</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>Soccer 2000 plan</p> <p>mats</p> <p>benches</p>

Lesson 3	1 hour	To be able to perform different types of travels as well as building to make sequences..	<p>Body preparation – Arms &amp; shoulders, legs &amp; 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 this session children will start to perform and remember different types of travelling to add to sequences. This will then move onto then putting prior learning and different parts into sequences.</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>	Soccer 2000 plan  mats benches
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 &amp; shoulders, legs &amp; 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 – to be able to use prior learning in able to complete set tasks to be marked off. Activity 5 is the first task which they must create a sequence as a group or</p>	Soccer 2000 plan  mats benches

			<p>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>	
Lesson 5	1 hour	To be able to add different types of equipment to sequences	<p>Body preparation – Arms &amp; shoulders, legs &amp; 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 – players in this session will be looking at working with different balls and beanbags in sequences as well as using ropes in order to create rhythms. These will all be developed in order to be added to sequences.</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 plan</p> <p>mats</p> <p>benches</p>

Lesson 6	1 hour	To be able to complete set core tasks within net/wall games.	<p>Body preparation –  Arms &amp; shoulders, legs &amp; 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 5 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>	Soccer 2000 plan  mats benches
----------	--------	--	--	--