

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Multi skills	1	Autumn 1	6 hours
Key Vocabulary:	balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce, land, obstacle,			
Knowledge:	Pupils will be taught to: <ul style="list-style-type: none"> - Balance and coordinate their bodies to complete tasks, including the use of equipment. - Change direction quickly. 			

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Fundamentals of movement and balance – be able to balance on one foot for a set period of time	Warm up – Patterns of movement, dynamic stretching and focus on co-ordination (patterns of skipping) Balance <ul style="list-style-type: none"> • Wide apart for a stronger base • Use arms to counterbalance legs • Keep your centre in the middle of the base • Think about how to counterbalance Cool down – slow movements, static stretching	Soccer 2000 cones bean bags

			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.	
Lesson 2	1 hour	Fundamentals of movement & co-ordination – be able to use co-ordination to keep control of an object	<p>Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance)</p> <p>Co-ordination</p> <ul style="list-style-type: none"> • Move feet into line with the ball • Get hands ready to catch • Look at the target/ball • Think how to receive the ball <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	Agility – be able to use your agility to change direction quickly	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Agility –</p> <ul style="list-style-type: none"> • Small fast steps when running • Swinging your arms • Lean forwards to start fast • Look ahead <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</p> <p>Stop watches</p> <p>Speed bounce mat</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.	
Lesson 4	1 hour	Agility balance and co-ordination – to use all previous skills learnt.	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Multi skills competition –</p> <ul style="list-style-type: none"> • Step into the throw • Use arms to maintain balance • Body, arms and legs working together • Think about how to go faster, aim, throw and catch <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	Agility balance and co-ordination – to use all previous skills learnt.	<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>Soccer 2000</p> <p>cones</p> <p>balls</p> <p>bibs</p> <p>target mat</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	Agility balance and co-ordination – to use all previous skills learnt.	<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>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>