

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Net/wall	3	Summer `1	6 hours
Key Vocabulary: Dodgeball, dodging, catching, throwing, underarm, overarm, ducking, centre line, court, sprinting.				
Knowledge: Pupils will be taught to: <ul style="list-style-type: none"> - Understand positioning and game tactics in order to win points. - Develop technique in order to gain points - Communicate effectively in teams 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT: Send a dodgeball accurately towards a target	<u>Warm up:</u> <u>Patterns of Movement</u> Move around the grid performing patterns of movement to raise the heart rate. E.g. Jogging, side-stepping. jumping, skipping, hopping. <u>Dynamic Stretches</u>	Cones Dodgeballs

		<p>Move around the grid performing dynamic sports movements.</p> <p><u>Traffic lights</u></p> <p>The coach holds up a coloured cone and the children respond accordingly.</p> <p>Red = Stop</p> <p>Yellow = Jog</p> <p>Green = Accelerate</p> <p>Main Teach:</p> <p><u>Throwing</u></p> <p>The game starts with all children in a single file line behind the cones with a dodgeball in their hands.</p> <p>The leaders call out a colour.</p> <p>The first children in the line must throw their dodgeball at that coloured gate.</p> <p>Children must collect their own dodgeball and return to the back of the line.</p> <p>Each time a child throws the ball between the gates they score one point.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p>	
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			<p>Children take it in turn each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Personal Performance Review</u> Red = Did not improve today Yellow = Made some progress but still work to be done Green = Successful at all aspects – Ready for next challenge.</p>	
Lesson 2	1 hour	WALT: Receive a dodgeball consistently	<p>Warm up: <u>Patterns of Movement</u> Move around the grid performing patterns of movement to raise the heart rate. E.g. Jogging, side-stepping. jumping, skipping, hopping.</p> <p><u>Dynamic Stretches</u> Move around the grid performing dynamic sports movements.</p> <p><u>High five/low five</u> The children travel around a marked area. When the coach calls out ‘high five’ or ‘low five, all children carry out the appropriate action with the person nearest to them. Children can be allowed to make their own judgements and decisions.</p> <p>Main Teach:</p>	<p>Cones Dodgeballs</p>

		<p><u>Catching</u></p> <p>The objective of the game is to catch the dodgeball when a child is on their feet.</p> <p>The thrower attempts to hit the catchers with the dodgeball one at a time.</p> <p>If a child is hit once they play on their knees.</p> <p>If at any point a catch is made the catcher returns to their feet.</p> <p>Catchers change places with the thrower when they catch the ball on their feet.</p> <p>Every time a child becomes a thrower, they score a point.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turn each week to lead the cool down.</p> <p>Perform a range of static stretches.</p> <p><u>Peer Reflection</u></p> <p>Child will show either a thumb up to show they have learnt something new and are ready for the next challenge.</p> <p>Thumb halfway to show they have learnt something new but need help to improve.</p> <p>Thumbs down, the child hasn't learnt anything in the lesson and needs help throughout lessons.</p>	
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Lesson 3	1 hour	WALT: Dodge a ball to avoid being hit	<p>Warm up:</p> <p><u>Patterns of Movement</u></p> <p>Move around the grid performing patterns of movement to raise the heart rate.</p> <p>E.g. Jogging, side-stepping. jumping, skipping, hopping.</p> <p><u>Dynamic Stretches</u></p> <p>Move around the grid performing dynamic sports movements.</p> <p><u>Clock Jumping</u></p> <p>Coaches use the numbers on a clock to get children to jump and control their balance throughout movement.</p> <p>Children start by jumping from 12 to one o'clock before developing to 12 to 6 o'clock etc.</p> <p>Children can start with two feet then transfer to one when they are comfortable with their balance.</p> <p>Main Teach:</p> <p><u>Dodging</u></p> <p>The game starts with the throwers at the side of the playing area.</p> <p>Dodgers try to run from one side of the area to the other without being hit by a dodgeball.</p> <p>If a dodger gets hit by a ball, they become a thrower.</p>	<p>Cones</p> <p>Dodgeballs</p>
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			<p>The game continues until all the dodgers have been hit by a ball.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turn each week to lead the cool down.</p> <p>Perform a range of static stretches.</p> <p><u>Paired Reflection</u></p> <p>In pairs, children discuss their own performance and identify one strength to maintain and one weakness they could improve on.</p>	
Lesson 4	1 hour	WALT: block a ball using your receiving skills	<p>Warm up:</p> <p><u>Patterns of Movement</u></p> <p>Move around the grid performing patterns of movement to raise the heart rate.</p> <p>E.g. Jogging, side-stepping. jumping, skipping, hopping.</p> <p><u>Dynamic Stretches</u></p> <p>Move around the grid performing dynamic sports movements.</p> <p><u>Pass the Ball and Clap</u></p> <p>Groups of children form a shape of their choice that is appropriate to the number in the group. As they pass the ball around the shape, they choose to clap once, twice or</p>	Cones Development

		<p>three times. It will be up to them to develop their own rhythmical pattern.</p> <p>Main Teach:</p> <p><u>Blocking</u></p> <p>One starts with a blocking ball in the scoring area.</p> <p>Other child starts the game with a dodgeball on the opposite side of the area.</p> <p>The child with the dodgeball throws the ball and attempts to knock the blocking ball out of the other child's hands.</p> <p>If they succeed, they change roles.</p> <p>The blocker must try and deflect the ball into the scoring zones and score the amount of points accordingly. I.e. different scoring zones can be worth a different amount of points.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turn each week to lead the cool down.</p> <p>Perform a range of static stretches.</p> <p><u>Paired Reflection</u></p> <p>In pairs, children discuss their own performance and identify one strength to maintain and one weakness they could improve on.</p>	
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Lesson 5	1 hour	WALT: block a dodgeball to protect team-mates	<p>Warm up:</p> <p><u>Patterns of Movement</u></p> <p>Move around the grid performing patterns of movement to raise the heart rate.</p> <p>E.g. Jogging, side-stepping. jumping, skipping, hopping.</p> <p><u>Dynamic Stretches</u></p> <p>Move around the grid performing dynamic sports movements.</p> <p><u>Balance Beanbags</u></p> <p>Children walk around, moving in any direction, balancing a beanbag on their head or different parts of their body.</p> <p>Coaches give the children fun cues (e.g. 'touch the floor) to help develop their balance.</p> <p>Main Teach:</p> <p><u>President Ball</u></p> <p>President Ball is a great variation of dodgeball that helps teams focus on blocking.</p> <ul style="list-style-type: none"> • Normal dodgeball rules apply • Each team has one president • This player can either be easily identified by wearing a bib or can be secret so that only the team and the coach/referee know who he/she is. 	<p>Cones</p> <p>Dodgeballs</p> <p>Bibs</p>
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			<ul style="list-style-type: none"> • If the president gets hit by the opposing team, then the whole team is out. • If the president makes a catch then everyone on his/her team who is out, returns to the game. <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turn each week to lead the cool down. Perform a range of static stretches.</p> <p><u>Paired Reflection</u></p> <p>In pairs, children discuss their own performance and identify one strength to maintain and one weakness they could improve on.</p>	
Lesson 6	1 hour	WALT: understand and implement the rules of Dodgeball	<p>Warm up:</p> <p><u>Patterns of Movement</u></p> <p>Move around the grid performing patterns of movement to raise the heart rate. E.g. Jogging, side-stepping. jumping, skipping, hopping.</p> <p><u>Dynamic Stretches</u></p> <p>Move around the grid performing dynamic sports movements.</p> <p><u>Skipping</u></p>	Cones Dodgeballs

			<p>After coaching basic skipping patterns, the coach allows children to develop different skipping techniques and patterns (including movement)</p> <p>Main Teach:</p> <p><u>Dodgeball Games</u></p> <p>Children participate in dodgeball games, with each game lasting 3 minutes.</p> <p>Children work on all techniques over the last half term:</p> <ul style="list-style-type: none"> • Throwing • Catching • Dodging • Blocking <p>Rules of the game</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turn each week to lead the cool down.</p> <p>Perform a range of static stretches.</p> <p><u>Personal Performance Review</u></p> <p>Red = Did not improve today</p> <p>Yellow = Made some progress but still work to be done</p> <p>Green = Successful at all aspects – Ready for next challenge.</p>	
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