

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Striking & fielding	3	Spring 2	6 hours
Key Vocabulary: bow, arrow, target, archer, shooter, safety line, bullseye.				
Knowledge: Pupils will be taught to: <ul style="list-style-type: none"> <li>- Use proper technique in order to aim and hit a target</li> <li>- Think carefully about how they can improve their results.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT: Send an arrow accurately	<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>Cones</p> <p>Bows</p> <p>Arrows</p> <p>Beanbags</p> <p>Targets</p> <p>Hoops</p>

### Balance Beanbags

Children walk around, moving in any direction, balancing a beanbag on their head or different parts of their body.

Coaches give the children fun cues (e.g. 'touch the floor) to help develop their balance.

Main Teach:

### Traffic Signals

Set out the rapid range

- White markers for the shooting line
- Red markers for the waiting line
- Blue, yellow and green markers for the channels
- White markers for the out of bounds line.

Arrange the class into groups of four or five.

children take it in turns to shoot one arrow to land inbetween the first (blue cones) and second (yellow cones) row of cones. If successful, the next child tries to land an arrow between the second (yellow cones) and third (green cones) row of cones. If successful, the next child progresses to the next row of cones. If unsuccessful at any stage, they stage at that stage and the next child has a go.

They have a maximum of three arrows for each scoring zone

The team that completes the challenge first wins.

### Rapid Range Layout

			<p>Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).</p> <p>Split the class into groups of four or five. Each child has 3 arrows at the targets, seeing how many points they can score.</p> <p>Once everyone has had three arrows the team/individual with the highest score wins.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns 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 room for improvement</p> <p>Green = Successful at all aspects – Ready for next challenge</p>	
Lesson 2	1 hour	WALT: Send an arrow accurately	<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>Cones</p> <p>Bows</p> <p>Arrows</p> <p>Beanbags</p> <p>Targets</p> <p>Hoops</p>

		<p>Move around the grid performing dynamic sports movements.</p> <p><u>Skipping</u> After coaching basic skipping patterns, the coach allows children to develop different skipping techniques and patterns (including movement). Main Teach:</p> <p><u>Henry V</u> Set out the Rapid Range.</p> <ul style="list-style-type: none"><li>• White markers for the shooting line</li><li>• Red markers for the waiting line</li><li>• Yellow markers for the shuttle line</li><li>• Green markers marking the line to shoot behind</li><li>• White markers marking out of bounds.</li></ul> <p>Split the class into groups of six. In each group three children are archers and three children are soldiers.</p> <p>The first archer must shoot three arrows over the green cones. Soldiers march (walk) to collect the arrows while the archer who has shot completes as many shuttle runs as possible until all the soldiers return. The second archer to shoot gets ready and the third archer counts the number of shuttle runs completed whilst the soldiers collect the arrows.</p> <p>The next archer shoots three arrows until all have had a go. The archers and soldiers then swap roles. The archers with the highest number of shuttles win.</p> <p><u>Rapid Range Layout</u></p>	
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			<p>Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).</p> <p>Split the class into groups of four or five. Each child has 3 arrows at the targets, seeing how many points they can score.</p> <p>Once everyone has had three arrows the team/individual with the highest score wins.</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><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 3	1 hour	WALT: Send an arrow accurately	<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>Cones</p> <p>Bows</p> <p>Arrows</p> <p>Beanbags</p> <p>Targets</p> <p>Hoops</p>

Traffic lights

The coach holds up a coloured cone and the children respond accordingly:

Red = Stop

Yellow = Jog

Green = Accelerate

Main Teach:

The Major Oak

Set out the Rapid Range:

- White markers for the shooting line
- Red markers for the waiting line
- Yellow markers for the inside lane
- Green markers for the outside lane.

Split the class into small groups.

Take it in turns to shoot three arrows and land them within the high scoring areas.

- Between the yellow markers = 10 points
- Between the yellow and green markers = 5 points
- Outside the green markers = 1 point.

The more accurate the more points are scored. When all the archers have shot three arrows make the lanes narrower to make the game harder.

To extend the task, provide free standing targets with the scoring zones for bonus points.

			<p><u>Rapid Range Layout</u></p> <p>Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).</p> <p>Split the class into groups of four or five. Each child has 3 arrows at the targets, seeing how many points they can score.</p> <p>Once everyone has had three arrows the team/individual with the highest score wins.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down.</p> <p><u>Peer Reflection</u></p> <p>Children will show either a thumbs 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>	
Lesson 4	1 hour	WALT: work as a team to hit the target successfully	<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>Cones</p> <p>Bows</p> <p>Arrows</p> <p>Beanbags</p> <p>Targets</p>

			<p><u>Dynamic Stretches</u></p> <p>Move around the grid performing dynamic sports movements.</p> <p><u>ZigZag</u></p> <p>At speed, children move in and out of cones and equipment set up around a marked area.</p> <p>Main Teach:</p> <p><u>Unlock the Drawbridge</u></p> <p>Set out the rapid range:</p> <ul style="list-style-type: none"> <li>• White markers for the shooting line</li> <li>• Red markers for the waiting line</li> <li>• Yellow markers for the first scoring area</li> <li>• White markers for the out of bounds line</li> <li>• Free standing targets</li> <li>• Hoop placed in each scoring area for each team.</li> </ul> <p>Split the class into teams of five or six. One team member shoots three arrows at the free-standing target to establish how many opportunities they get to throw for points.</p> <ul style="list-style-type: none"> <li>• Hit red or gold = throw three beanbags</li> <li>• Hit blue or black = throw two beanbags</li> <li>• Hit white or miss = throw one beanbag</li> </ul> <p>To score points team members must land beanbags inside identified scoring zones.</p>	Hoops
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- Land it over the yellow markers two points
- Land it over the green markers three points
- Land it in the hoop between yellow and green markers for five points

Land it in the hoop between the green and white markers for ten points

#### Rapid Range Layout

Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).

Split the class into groups of four or five. Each child has 3 arrows at the targets, seeing how many points they can score.

Once everyone has had three arrows the team/individual with the highest score wins.

Cool Down:

#### Static Stretching

Children take it in turns each week to lead the cool down.

#### Peer Reflection

Children will show either thumbs up to show they have learnt something new and are ready for the next challenge.

Thumb halfway to show they have learnt something new but need help to improve.

Thumbs down, the child hasn't learnt anything in the lesson and needs help throughout lessons.

Lesson 5	1 hour	WALT: Send an arrow accurately	<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>Reaction Board</u></p> <p>Children stand opposite each other. One makes a one-handed movement and his/her partner follow and touches his/her hand. They do 10 movements and then swap over. When they have developed a single movement on both hands, they can try using two hands as a progression.</p> <p>Main Teach:</p> <p><u>Clout</u></p> <p>Set up the rapid range</p> <ul style="list-style-type: none"> <li>• White cones for the shooting line</li> <li>• Red cones for the waiting line</li> <li>• Circular target for the clout uses a flag, cone or parachute</li> <li>• Yellow and green markers for scoring zones</li> </ul>	
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- White markers for out of bounds

Split the class into teams. Put the target on the floor (known as the clout) at one end of the hall. Using cones add scoring zones around the clout so each arrow scores points depending on how close it lands to the clout.

All children take it in turns to shoot two arrows, trying to get as close as possible to the clout. The team closest to the centre of the clout gains five extra points for their team as well as their individual points.

#### Rapid Range Layout

Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).

Split the class into groups of four or five. Each player has 3 arrows at the targets, seeing how many points they can score.

Once everyone has had three arrows the team/individual with the highest score wins.

Cool Down:

#### Static Stretching

Children take it in turns each week to lead the cool down.

#### Personal Performance Review

Red = Did not improve today

			<p>Yellow = Made some progress but still room for improvement</p> <p>Green = Successful at all aspects – Ready for next challenge.</p>	
Lesson 6	1 hour	WALT: work as a team to hit the target successfully	<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>Reaction Board</u></p> <p>Children stand opposite each other. One makes a one-handed movement and his/her partner follow and touches his/her hand. They do 10 movements and then swap over. When they have developed a single movement on both hands, they can try using two hands as a progression.</p> <p>Main Teach:</p> <p><u>Eliminator – Hit the Target</u></p>	<p>Cones</p> <p>Bows</p> <p>Arrows</p> <p>Beanbags</p> <p>Targets</p> <p>Hoops</p>

			<p>Set out the rapid range</p> <ul style="list-style-type: none"><li>• White markers for the shooting line</li><li>• Red markers for the waiting line</li><li>• Set up free standing targets</li><li>• A hoop containing several objects such as balls/beanbags for each team.</li></ul> <p>Organise children into teams. In teams, children take it in turns to shoot an arrow at the free-standing target. A team member runs to the hoop to remove the corresponding number objects from their hoop after each arrow. The team that is first to eliminate all items from their hoop wins.</p> <p><u>Rapid Range Layout</u></p> <p>Children set out the Rapid Range ensuring there is a waiting line (red cones), shooting line (white cones), target line (green cones) and an out of bounds line (white cones).</p> <p>Split the class into groups of four or five. Each child has 3 arrows at the targets, seeing how many points they can score.</p> <p>Once everyone has had three arrows the team/individual with the highest score wins.</p> <p>Cool Down:</p> <p><u>Static Stretching</u></p> <p>Children take it in turns each week to lead the cool down.</p> <p><u>Personal Performance Review</u></p>	
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			Red = Did not improve today Yellow = Made some progress but still room for improvement Green = Successful at all aspects – Ready for next challenge	
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