

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Gymnastics	5	Autumn 2	5 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>- Evaluate their own and others' performances.</li> <li>- Link actions to create sequences, performing a range of actions.</li> <li>- Confidently use equipment.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT balance.	<p>Warm up- Prepare body following TOP's Gymnastics card Body Preparation.</p> <p>Main activity- Following steady as a rock TOP's Gymnastics card. Teach children how to travel in different ways.</p> <p>Whole class moves around to music.</p> <p>When music stops each child must hold a balance for at least 3 seconds.</p>	<p>Gym mats</p> <p>TOP gymnastic cards- Body preparation and Steady as a rock.</p> <p>Benches</p>

			<p>Vary the number of body parts used to make the game easier or harder to fit with the content of the main part of the lesson.</p> <p>Cool down- Relaxation to music for 1 minute.</p>	
Lesson 2	1 hour	WALT Balance	<p>Warm up- Prepare body following TOP's Gymnastics card Body Preparation.</p> <p>Main activity- Teach front and back support.</p> <p>Three or four children are select to tag other member of the class.</p> <p>When they get caught they must take up a position in front or back support.</p> <p>They are released when another 'free' player touches them.</p> <p>First play as a walking game then introduce other ways of travelling.</p> <p>Adjust the number of body parts on the floor.</p> <p>Cool down- Relaxation to music for 1 minute.</p>	<p>Gym mats</p> <p>TOP gymnastic cards- Body preparation and Hold and Control.</p> <p>Benches</p>
Lesson 3	1 hour	WALT jump, land leap and turn.	<p>Warm up- Prepare body following TOP's Gymnastics card Body Preparation.</p> <p>Main Activity- Children in pairs from each group take it in turns to spin two large dice.</p> <p>Each side of dice (A) describes a different jump or leap. A second dice (B), with the umbers 4 to 9 on it, is used to identify the number of attempts to be made. Jumps on dice can be described in pictures or words.</p>	<p>Gym mats</p> <p>TOP gymnastic cards- Body preparation and Jumping Jacks</p> <p>Benches</p>

			<p>Perform standing jumps from two feet from a low bench and stress the importance of landings that stick.</p> <p>Perform leaps with a single leg take-off along a straight line.</p> <p>Cool down- Relaxation to music for 1 minute.</p>	
Lesson 4	1 hour	WALT rolling	<p>Warm up- Prepare body following TOP's Gymnastics card Body Preparation.</p> <p>Main Activity- Teams of four or five.</p> <p>Four team members should lie face down side by side and shoulder to shoulder.</p> <p>Fifth member places hoop flat on 'Conveyor' and then takes up position on end of the line.</p> <p>On the word 'go' everyone rolls in unison in the same direction. This action moves the hoop down the line.</p> <p>As each member of the team becomes clear of the hoop they stand up and join the end of the line, thus continuing the length of the conveyor.</p> <p>Hoop to be delivered over a pre-agreed distance.</p> <p>Cool down- Relaxation to music for 1 minute.</p>	
Lesson 5	1 hour	WALT create shapes	<p>Warm up- Prepare body following TOP's Gymnastics card Body Preparation.</p> <p>Main Activity- Children travel in various ways to music.</p> <p>When the music stops they make the capital letter shape called out by the teacher in pairs.</p> <p>Good examples include X,V,Y,T,I,L and C.</p>	

			Extension- groups of three or four create different letter shapes. Cool down- Relaxation to music for 1 minute.	