

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Invasion Games	2	Spring 1	6 hours
Key Vocabulary: balance, base, coordination, agility, direction, aim, throw, catch, kick, travel, accuracy, bounce, land.				
Knowledge: Pupils will be taught to: <ul style="list-style-type: none"> - Demonstrate some control while sending and traveling with objects. - Receive a ball with confidence. - 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	Travelling – be able to control of an object whilst travelling	Warm up – Patterns of movement, dynamic stretching and focus on balance (hoop balance) Travelling <ul style="list-style-type: none"> • Work in pairs to discover ways of holding the ball and giving it to each other • Move faster with the ball • Discuss what design of the course to help them improve 	Soccer 2000 cones different types of balls bats

			<p>Cool down- slow movements, static stretching</p> <p>Evaluation, paired reflection – in pairs children will discuss their own performance and identify one strength to maintain and one weakness they could improve.</p>	
Lesson 2	1 hour	<p>Sending – be able to send an object in a variety of ways</p>	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Sending –</p> <ul style="list-style-type: none"> • Kick the ball for accuracy and short distances with side of the foot • To successfully use different types of throws • Choose an appropriate distance for throwing and catching to increase the distance they can send. • Children to decide on the object they use to send and work out which way is best to send that object. <p>Cool down – slow movements, static stretching</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>beanbags</p> <p>different balls</p>
Lesson 3	1 hour	<p>Sending and travelling – be able to use prior learning to complete core tasks</p>	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Core tasks-</p> <ul style="list-style-type: none"> • Bounce the ball and knock over the skittle 	<p>Soccer 2000</p> <p>Cones</p> <p>Bean bags</p>

			<ul style="list-style-type: none"> • Score in your goal • Be able to complete invasion game situations • Children to challenge themselves by changing task (STEP) <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>	
Lesson 4	1 hour	Co-ordination & receiving – be able to receive a ball with confidence.	<p>Warm up – patterns of movements, dynamic stretching and focusing on co-ordination (trigger)</p> <p>Co-ordination</p> <ul style="list-style-type: none"> • Be able to get in line with a ball or piece of equipment • Choose an appropriate distance for throwing and catching to increase the distance as they improve • Change the speed in which the ball is received. <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>balls</p> <p>bibs</p>
Lesson 5	1 hour	Sending and receiving – to be able to send and	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (push and pull)</p>	Soccer 2000

		receive in opposed situations	<p>Sending and receiving</p> <ul style="list-style-type: none"> • Work out the best position to receive the ball • How to keep possession • Use a variety of types of passes. <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>cones</p> <p>balls</p> <p>bibs</p>
Lesson 6	1 hour	Sending and travelling – be able to use prior learning to complete core tasks	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (train tag) avoid being tagged using changes in speed.</p> <p>Core tasks-</p> <ul style="list-style-type: none"> • Bounce the ball and knock over the skittle • Score in your goal • Be able to complete invasion game situations • Children to challenge themselves by changing task (STEP) <p>Cool down – slow movements, static stretching</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>bibs</p>