



Medium Term Unit Planning

Topic Name: Games

Learning outcome:

Children will be able to use the terms 'opponent' and 'team-mate', use rolling, hitting, running, jumping, catching and kicking skills in combination. They will also develop tactics and lead others when appropriate.

Hook

Watching videos of various sports people.

Topic Showcase (e.g. display, museum, performance, presentation)
Sports Day!

Oracy:

Children will actively participate in discussions and share their ideas and listen to the ideas of others.

Key Vocabulary:

Dribbling, rolling, throwing, catching, batting, jumping, running, sprinting, hurdles, relay, tactics, opponent, team-mate, control, speed.

Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.):

Under Review

Citizenship/Community Opportunities:

Children will tell a partner something they are good at! Children will be able to explain why it is important to lead a healthy lifestyle and participate in physical activities. Playing a game with your friends is fun!

Experiences/Visits/Visitors

N/A

Main Subjects covered:

Physical Education (PE)



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Physical Education Threshold Concepts

- Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.

Notes:

Useful Links:

Weekly Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. Multi-Skills - Rolling</p> <p>Ll: I can roll a ball in the right direction.</p> <p>Ll: I can stop a rolling ball with my hands.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. 	<p>Children will practice their ball control skills by rolling the ball over their body using two hands, then one. Do they find one hand easier than the other? Can they roll it around their middle?</p> <p>Rolling along the Floor: Children will roll the ball along the floor with bent knees, putting the weight behind the ball to move it along, tracking it and picking it up when it stops. Children have a go at rolling the ball in different directions.</p>



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		<p>Rolling along a Line: The children find a line and roll their object along it. They can move it on and control its direction with their hands by giving it little shoves. At the end of the line, the children should pick it up and go back the other way. What tips have they got for keeping good control of the ball?</p> <p>Rolling to a Partner: The children find a partner and sit on the floor, a short distance from their partner, with their legs spread open. One child should roll the ball to the other child, who will stop it with their hands, then roll it back. If they are able to accurately roll the ball to each other, they can move further apart. Can they stop the ball with one hand?</p> <p>Rolling around an Obstacle: Ask half the class to stand still and hold on to their balls. The rest of</p>
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			the class must roll their balls around them without touching them. Swap over.
<p>2. Multi Skills – Bouncing</p> <p>L1: I can bounce a ball on the floor and catch it.</p> <p>L1: I can bounce a ball at a target.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. 	<p>Children will practice bouncing a ball on the floor and catching it. Can they bounce it back down with their hands instead of catching it? Can they bounce with one hand? Is one hand easier than the other or both? Can they keep their ball under control if they walk as they bounce it at the same time? How high can they bounce their balls? Can they bounce them higher and still catch them?</p> <p>Bouncing around Your Body: Children will practice bouncing a ball to the floor on the side of your body and catching it, then to the front and the other side, twisting round to reach. How fast can you do it?</p> <p>Bouncing in Hoops: The children run around the hall holding on</p>



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			<p>to their balls. When they pass a hoop, they must bounce their ball into it, catch it and move on. How many hoops did they bounce their balls into?</p> <p>Bouncing Together: In pairs, children take turns bouncing their ball into a hoop and out again to their partner, who catches it. They collect a point for each bounce in the hoop.</p>
<p>3. Multi Skills – throwing and catching.</p> <p>L1: I can throw at a target.</p> <p>L1: I can throw and catch a ball with a partner.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. 	<p>Passing from Hand to Hand: The children stand still and pass the ball from hand to hand, keeping their eyes on the ball.</p> <p>Throwing: Children to mark a target on the floor with chalk or a cone. In partners, how many times can they throw a quoit or beanbag on target?</p> <p>Catching: The children find a space and throw their ball straight up in the air. Can they catch it? Has anyone got any tips for good throwing and catching? If they are able to</p>



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		<p>successfully throw and catch their balls with two hands, the children can then try clapping before catching it or turning in a circle, then try turning the other way. They can try catching with one hand or moving around the space. Children can use larger and softer balls or beanbags or quoits.</p> <p>Catching Game: In partners, one of the children throws and catches their ball while the other counts their catches. Time them for 1 minute then ask them to swap over. Can they improve? Collect in scores. Who got higher than...? Who managed to beat their time by more than 3? More than 5?</p> <p>Throwing to a Partner: Children practise throwing and catching in pairs. One partner throws the ball to the other, aiming for the waist. Their partner catches the ball and throws it back. Remind</p>
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			<p>them to be ready to receive the ball with bent knees and hands spread out, ready to catch and to keep their eye on the ball. They can each take a step back. How many times can they throw and catch without dropping the ball? How quickly can they pass the ball between them? Ask them to try throwing high and low. They can let the ball bounce on the floor before catching it.</p> <p>Hot Potato: In groups of 4 or 5, children stand in a circle and pass the 'hot potato' as quickly as possible around the circle. When it gets back to the leader, the whole group sits down. Which group was the quickest?</p>
<p>4. Target: Fair and Square</p> <p>LI: I can demonstrate effective technique when rolling the ball.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. 	<p>Fair and square involves two pairs of players on opposite sides of a square around 8 metres wide. In the middle is a 1 metre square target. (This can easily be done with masking tape or chalk). The idea of the</p>



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<p>L1: I can aim at a target different distances away.</p>		<ul style="list-style-type: none"> • Develop tactics. 	<p>game is for students to roll the ball into the target area. Each ball on target scores 1 point. The first team to get 10 points is the winner. The focus is on accuracy, consistency and cooperation.</p>
<p>5. Target: Beanbag Bocce</p> <p>L1: I can throw a beanbag into a target.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>The object of the game is to get your beanbag as close to the pallino as possible. The game is played with two teams of four. Each team has four beanbags, of one colour per team. The pallino is a different colour beanbag. Players are numbered 1 to 4. The team going first throws out the pallino. Player 1 from the other team throws his/her beanbag as close to the pallino as possible. Player 1 from the other team then takes a turn. This repeats until everyone has had their turn. The team with the beanbag nearest to the pallino scores a point.</p>
<p>6. Multi Skills: Dribbling and kicking</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. 	<p>Number game: Children will practice dribbling a ball around the space using their foot. They</p>



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<p>L1: I can control a ball with my feet.</p> <p>L1: I can dribble a ball in a space and around obstacles.</p> <p>L1: I can kick a ball to a partner.</p>	<p>involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none">• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate.	<p>need to keep the ball close to their feet and under control. When the teacher calls a number, the children must perform the corresponding skills with their ball (e.g. putting 2 body parts on their ball, balancing it on their knees while they lie on their back etc).</p> <p>Dribbling around cones: Children will practice dribbling a ball around different obstacles and cones whilst trying to keep control of their ball.</p> <p>Passing to a partner: Children will practice passing their ball to a partner by kicking it, and stopping it with their foot.</p> <p>Robin Hood: In the middle of the space there will be lots of balls. In teams, one at a time a child must run to the middle and dribble to ball back to their team. When all the balls are gone, children can 'steal from</p>
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			the rich' and take balls from other teams, dribbling the ball back carefully.
7. Multi Skills – Dribbling and passing with a hockey stick.	Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>Dribbling: Children will learn the correct form to hold a hockey stick. They will practice dribbling a ball around a space, pushing the ball with their stick.</p> <p>Sharks and Fishes: They will play a game in which they have to get their ball (fish) from one side of the hall to another. If they lose control of their ball and it rolls away from their stick, the teacher (shark) might catch the fish!</p> <p>Passing to a friend: Children will practice passing a ball to a friend using a hockey stick. They will practice stopping the ball with a hockey stick.</p> <p>Aiming in a goal: Children will practice aiming into a goal using a hockey stick.</p>



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<p>8. Invasion: Two on one</p> <p>L1: I can throw and catch a large ball while progressing from one end of a pitch to the other.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none">• Use the terms 'opponent' and 'team-mate'.• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate.	<p>The focus of this game is for the attackers to get past the defender and score a goal at the other end. Six cones are used to mark out the corners of the pitch and a goal at one end. Two attackers start at the opposite end to the goal. The defender stands in the middle of the pitch. The attackers pass the ball to each other and try to score a goal. They cannot move with the ball. The defender, using warm defence, tries to stop a goal being scored, by intercepting the ball. If the defender intercepts the ball they score a point. The game carries on until a goal is scored. Once a goal is scored, the scorer becomes the new defender.</p>
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<p>9. Invasion: Dribble and score</p> <p>L1: I can dribble a ball using both feet, through a line of cones.</p> <p>L1: Kick a ball towards a goal.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none">• Use the terms 'opponent' and 'team-mate'.• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate.	<p>Teams of three line up at the sides of a square pitch with a ball. A goal made of two cones is set up at the halfway point on each side. Each team has a ball. On the command 'Go', each team rolls their ball into the area and a member of their team runs to retrieve it. They then dribble it with their feet towards a goal of their choice and shoot. Each goal scores a point. The ball is then retrieved and the game repeats. The game can be adapted so that each team has to score in every goal, or the number of balls could be decreased. Once players are performing well, the game could be tried with hockey sticks (at which point the game should go back to original format).</p>
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<p>10. Net and wall: Racket fun</p> <p>L1: I can hold a tennis racket correctly.</p> <p>L1: I can bounce a ball with a racket.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none">• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.	<p>Each child has a tennis ball and a paper plate, table tennis bat or short-handled tennis racket. Children complete a variety of challenges:</p> <ol style="list-style-type: none">1. While balancing the ball on your racket – move around the space, sit down and stand up, complete an obstacle course.2. Bounce the ball on your racket. Change the face of the racket and keep bouncing. Bounce the ball on the edge of the racket.3. Flick the ball up with your racket, let it bounce on the ground and catch it with your racket.4. In a small group, pass a ball from one racket to another.5. Hit a ball off a wall, let it bounce and hit it again. How many times can you do this?6. Throw and catch a tennis ball in a cone.7. Practice serving a tennis ball to a partner who catches it.
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<p>11. Net and wall: Throwing tennis</p> <p>L1: I can throw underarm towards a target.</p> <p>L1: I can throw a ball over a bench.</p> <p>L1: I can catch a ball after one bounce when stationary.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>A small court is set up, with a net across the middle. (This can be a bench or line of cones if a net is not available.) The game is best played with teams of two or three. Teams stay on the opposite sides of the net. Team 1 throws the ball, underarm, across the net; this is called a serve. Team 2 catches the ball and throws it back. The ball must bounce once. Points are scored if the ball bounces twice in the opponent's court.</p>
<p>12. Striking and Fielding: Beanbag Rounders</p> <p>L1: I can combine throwing and running to score a rounder.</p> <p>L1: I can collect beanbags and put them in a hoop, while running.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>One team begins by fielding. The players in this team start the game by standing spread out in the game area. The other team takes it in turns to throw the beanbags. One member of the throwing team stands in the hoop and throws all the beanbags as far as they can. Once the last beanbag has been thrown, the thrower sets off to run around all the cones. They must keep running until they pass the final cone. While</p>



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			<p>the beanbags are being thrown, the fielders must stand still. Once the last beanbag has been thrown, the fielders can start to collect them. Their aim is to put all of the beanbags back into the hoop before the thrower passes the final cone. A rounder is scored if the thrower makes it round all the cones before all the beanbags are back in the hoop. Then, the next thrower has a turn. Once everyone in the throwing team has had a turn, the teams swap over.</p>
<p>13. Striking and Fielding: Simple Danish Longball</p> <p>LI: I can use rolling, kicking and running in combination.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>One team begins by fielding. The players in this team start the game by standing spread out in the game area. The other team takes it in turns to kick the ball. When the striker has kicked the ball, they must run back and forward along a straight line before the fielders give the ball back to the thrower. How many runs can the striker? Once everyone in the striking team</p>



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			has had a turn, the teams swap over.
<p>14. Field Athletics – Sprinting</p> <p>L1: I can sprint.</p> <p>L1: I can choose an effective start position.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. 	<p>Show a clip of Usain Bolt and Mo Farah – Ask pupils to identify the different running styles and variations of speed.</p> <p>Getting faster: Put a starting spot down and 4 different coloured cones 10 yards apart in front in a straight line. Each zone represents a different speed. Pupil work in pairs. Zone 1 = Walking, zone 2 = jogging, zone 3 = striding and zone 4 is sprinting. Pupils take it in turns to travel through each zone, return to start position and repeat.</p> <p>Sprint drop: Each pupil has a bean bag and on teachers command sprints forwards for 3 seconds and then drops the</p>



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			bean bean when teacher calls 'Drop!' or blows whistle. Start from various positions eg standing, sprint, sitting, lying, facing the wrong way – which was best?
<p>15. Field Athletics: Throwing and Long Jump</p> <p>Ll: I can throw a beanbag a long distance.</p> <p>Ll: I can use an effective long jump technique.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. 	<p>Throwing: Children practice throwing the bean bag and explore different ways of throwing. Which method is going to make the beanbag go further? Place hoops around the field for pupils to aim for, they win a bonus point if they get it in a hoop.</p> <p>Long jump: Children will practice different jumping techniques including jump with straight legs / straight arms / arms above head / behind back / arms by your side / 5 types of jumps / bend knees and use arms / rocking motion. Children investigate each one while practicing to see which produces the longest jump.</p>



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			Children should jump and land using arms and bending knees for more distance and to absorb impact.
<p>16: Field Athletics: Hurdles and Relays</p> <p>L1: I can jump smoothly over hurdles.</p> <p>L1: I can pass a baton smoothly with control and speed.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>Children will develop their teamwork by working in groups this lesson.</p> <p>Hurdles: In teams, children will practice sprinting and jumping smoothly over different height hurdles. They will then return to their team and the next child will go.</p> <p>Relays: Children will practice running relay races in different variations (forwards and backwards, and around a circular track). They will be ready to retrieve the baton from their team mate and sprint to the next child, holding their hand out to give the baton.</p>



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<p>16. Sports Day Practice!</p> <p>L1: I can support by team mates!</p> <p>L1: I can take part in sports day!</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none">• Use the terms 'opponent' and 'team-mate'.• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate.	<p>Children will practice sports day events which might include relay race, beanbag race, egg and spoon race, water races, football dribbling, hurdles and rob the nest!</p>
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