



# Medium Term Unit Planning

**Topic Name: P.E - Rounders**

**Learning outcome:**

*The children will increase their understanding of this fundamental movement knowledge by exploring how to strike, bowl and catch a ball.*

**Oracy:** Encouraging team and providing peers with feedback on skills practised.

**Key Vocabulary:**

Strike, bowl, catch, rounder.

**Main Subjects covered:**

P.E

**P.E 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:**

This scheme of work will build on motor skills learnt in other areas of P.E. It will progress to a mini rounders game where we can show off everything we have practised.



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Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. I can roll/throw with accuracy.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i>            This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with:  <b>Traffic lights</b>            Start, stop and change pace with control in response to instructions: red – stop, amber – jog, green – sprint. (Cones or floor markers can be used as non-verbal signals.)</p> <p><b>Roll a hoop</b>            Work with a partner. One player rolls a hoop along the ground. The other has to roll a ball through the hoop while it is moving.</p>
<p>2. I can throw and return accurately.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i>            This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with:  <b>Follow my leader</b>            Work in groups of four or five, following the leader, who moves in different ways, e.g. changing direction, speed, arm actions, height. On the teacher's command ('Change'), the person at the back runs to the front and becomes the leader.</p> <p><b>Let's explore</b></p>



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			<p>Demonstrate underarm throwing in a variety of ways, using the movement adaptations of force, space and relationships.</p> <p><b>In the zone</b> Set up five zones approximately 1 metre apart. Players have to throw a ball underarm into each of the five zones. More points are scored for zones that are further away. Build up to returning with rounders bat.</p>
<p>3. I can throw and return accurately.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: <b>Catch the tail</b> Each player has a band tucked into their waistband as a tail. Spare tails are placed in a hoop in the middle of the playing area. The idea of the game is to steal tails from other players. Once a player grabs a tail, they tuck it into their waistband, up to a maximum of three. Any tails caught after that must be placed in the hoop. Anyone who loses their tail can take one from the hoop and join in again.</p> <p><b>Underarm darts</b></p>



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			Draw some large targets on a wall, with different zones scoring different points. Standing behind a line, approximately 3 metres from the wall, players throw underarm to score points. Design your own targets.
4. I can catch a ball successfully.	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with:</p> <p><b>Traffic lights</b> Start, stop and change pace with control in response to instructions: red – stop, amber – jog, green – sprint. (Cones or floor markers can be used as non-verbal signals.)</p> <p><b>Let's explore</b> Demonstrate catching in a variety of ways, using the movement adaptations of force, space and relationships. Use lots of different types of balls.</p> <p><b>Catch it</b> Work in pairs. The teacher calls out different types of throws, e.g. underarm, overarm, bounce, chest. Try to catch the different types of throw.</p>



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<p>5. I can strike a ball.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: <b>Follow my leader</b> Work in groups of four or five, following the leader, who moves in different ways, e.g. changing direction, speed, arm actions, height. On the teacher's command ('Change'), the person at the back runs to the front and becomes the leader.</p> <p><b>Let's explore</b> Demonstrate striking in a variety of ways, using the movement adaptations of force, space and relationships.</p> <p><b>Balloon keep-up</b> Keep a balloon up in the air by striking it with a rounders bat.</p>
<p>6. I can strike a ball.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p>	<p>Warm up with: <b>Catch the tail</b> Each player has a band tucked into their waistband as a tail. Spare tails are placed in a hoop in the middle of the playing area. The idea of the game is to steal tails from other players. Once a player grabs a tail, they tuck it into their waistband, up to a maximum of three. Any tails caught after that</p>



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		<p>Lead others when appropriate.</p>	<p>must be placed in the hoop. Anyone who loses their tail can take one from the hoop and join in again.</p> <p><b>Let's explore</b> Demonstrate striking in a variety of ways, using the movement adaptations of force, space and relationships.</p> <p><b>Move them around</b> Work with a partner on opposite sides of a net. Place a floor marker in the centre of the space on each side of the court. Players start on the centre spot and move to return a shot. After striking the shot, they must try to get back on to the spot to be in the best position to receive the next shot. Try to make it difficult for your partner to make the shot.</p>
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