



PE Medium Term Plan- Summer Term 2023-2024



Athletics

End of Unit Goal - Children will begin to master basic movements of running, jumping, throwing and participate in competitive team games.

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Assessment - Cold Task	Can start and stop at speed, run in straight lines using a variety of speeds.	<p>Warm Up: develop stamina using jumpstart Johnny challenge clips. Talk about the importance of this and why we need to do it. For this first lesson, spend longer doing this and see how long we can do it. Talk about the importance of pace so we can go for longer, go to quick and we will tire and need to stop.</p> <p>Assessment - What do we know about athletics? Can anyone show me any type of athletics? Make any recordings using Swivl to play back to the children.</p> <p>Teach- Teach children the correct way to run. Hold the head up, stable and eyes looking forward Elbows bent at 90 degrees Drive arms backwards and forwards vigorously in opposition to the legs. Ensure arms stay close to the body, 90 degree angle remains at the elbow and the drive comes from the shoulders High knee in line with the thigh, almost parallel to the ground The kick back should be close to the buttocks (at least 90 degrees) Lean slightly forward when accelerating and slightly backwards when slowing down. Play freeze tag, † to model correct running technique.</p> <p>Apply- play 1, 2, 3, RUN! Children to jog around 3 sides of the yard, for the final side they run! Can they change speeds? What should they do with their bodies to do this?</p> <p>Cool down- run around the yard, every time the teacher blows a whistle slow down.</p>	<ul style="list-style-type: none"> • Cones 	<ul style="list-style-type: none"> • Stamina • Speed • Posture • Direction • Run • Jog • Sprint
	Participate as	Children	Warm Up: Develop stamina using jumpstart Johnny clips. Talk about the importance of	• Cones	• Stamina

2	part of a team to compete in running relays	will know how to work as a team to compete in a relay race.	<p>this and why we need to do it. Jogging and stretching. Warm up of arms and fingers. Play traffic lights, children to run around the hall, if teacher shouts red they stop, orange they jump, and green they go.</p> <p>Recap- Talk about how to run properly, child to demonstrate, reflect on this and talk about why it is important to run properly.</p> <p>Teach- Talk to the children about relay races, do they know what they are. Talk about how it is a team of runners who run/work together in order to run a race.</p> <p>Apply- Children to take part in a range of running relay games. Number card relay. Children to run to collect a number card, run back put it in the bucket. Once card is in the bucket, the next child can run. Team with the highest total wins. Relay race with batons outside, length of the yard each (anything can be used as a baton) Cool Down- Play Lazy Lions, lie down stretch each part of the body and slow breathing down. Teacher to call names of children to line up once they are relaxed.</p>	<ul style="list-style-type: none"> • Batons • Number cards 	<ul style="list-style-type: none"> • Speed • Posture • Direction • Run • Jog • Sprint • Relay • Batons
3	Attempt a variety of jumps taking off and landing on different foot combinations e.g. 2 to 1, 1 to 2, 2 to 2 etc	Children will know how to jump safely.	<p>Warm Up: Develop stamina using jumpstart Johnny clips. Talk about the importance of this and why we need to do it.</p> <p>Teach- Look at different ways jumping safely. Ask all the children to stand up, demonstrate the different jumps, encourage use of arms for power, bending of knees to push up, landing in the balls of your feet and bending knees when landing to cushion the landing. Play rock paper scissors jumping game. Line of hoops curved throughout the hall, children to be placed in teams and line up at either end. Jump through hoops and when they meet play rock paper scissors, child that wins continues to jump, child that doesn't runs to back of their line and the next child from that team starts to jump through the hoops. Repeat until someone gets to the other end of the hoops.</p> <p>Apply- Jumping for distance, explore how far we can jump using the different jumps, line children up, spaced out safely, and all jump at the same time, how can we jump further?</p> <p>Cool Down- Jump Start Johnny cool down clip.</p>	<ul style="list-style-type: none"> • Jump start Johnny • Cones 	<ul style="list-style-type: none"> • Jump • Landing • Distance • Power • Parts of feet (heel, ball)
4	Handle and throw a variety of different	Children will be able to throw an object	<p>Warm Up: Develop stamina using jumpstart Johnny clips. Talk about the importance of this and why we need to do it. Move in different ways around the hall. When teacher calls out a body part it must touch the floor.</p>	<ul style="list-style-type: none"> • Jump start Johnny 	<ul style="list-style-type: none"> • Throw • Distance • Power • Bean bags

	objects and attempt to throw for distance	towards a target.	<p>Recap- Think about the different throws we did during volley ball, can we remember how to do a chest pass etc.? children to use a ball/beanbag and practise throwing and catching in pairs.</p> <p>Teach- tell the children we are now going to think about how we can throw objects for distance. We can throw short/long distance. Give children something to throw and stand them in a line, how can we throw it a short distance/long distance? What changes</p> <p>Apply- jump start Johnny cool down clip. 4 stations to work around Station 1- bean bags into hoops set at different distances. Station 2- balls and the basketball net Station 3- throw a bean bag as far as you can. Station 4- bulls eye on the floor /target board</p> <p>Cool Down- walk around slowly, children to copy the stretch performed by the teacher.</p>	<ul style="list-style-type: none"> • Balls • Beanbags • Hoops • Targets • Basketball net 	<ul style="list-style-type: none"> • Aim • Target • Over arm throw • Under arm throw
5	Demonstrate awareness for the need to improve and attempt to improve	Children will be able to assess their own performance and suggest ways they can improve.	<p>Warm Up: Develop stamina using jumpstart Johnny clips. Talk about the importance of this and why we need to do it. Mud monsters- pick 6 children to have a bean bag. All children to move around the hall. While they are moving around the hall they are to hit the other children with the bean bag. Once hit with the bean bag they are 'stuck in the mud' other children can free them by crawling through their legs. Monsters don't change until the end of the game, repeat where needed.</p> <p>Recap- Think back over all the skills they have been taught in this unit. What have they founds easy/difficult</p> <p>Teach- Tell the children in this session they will be practising all skills in order to improve for the Olympics next week. They will talk to other children about what they have done well and what they can improve.</p> <p>Apply- Teacher to talk through each station and the expectations. Station 1- jump from hoop to hoop at different distances, spaces to jump for distance. Station 2- bean bag throwing- targets and distance. Station 3- running sprint/long distance Station 4- stamina- exercise spots- how long can you do that exercise for e.g star jumps, high knees</p>	<ul style="list-style-type: none"> • Jump start Johnny • Balls • Beanbags • Hoops • Targets • Basketball net • Cones • Exercise spots 	<ul style="list-style-type: none"> • Throw • Distance • Power • Bean bags • Aim • Target • Over arm throw • Under arm throw • Parts of feet • Jump • Landing • Stamina • Speed • Posture • Direction • Run • Jog • Sprint

			<u>Cool Down-</u> Sleeping lions		<ul style="list-style-type: none">• Relay• Batons
6	<p>Assessment - Hot Task Sports Day</p> <p><i>End of Unit Goal - Children will begin to master basic movements of running, jumping, throwing and participate in competitive team games.</i></p>				