Springfield School

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| Blackbirds Class Medium Term Planning for PE 1 |
| Topic: The Great Fire of London Health and Fitness * Awareness
* Resilience
 | PE will be developed in weekly sessions, as well as swimming sessions. Our playtimes and active learning throughout the school day will also contribute to my 2 hours per week.There will be specific planned opportunities to support the children’s progress and may be altered to suit the needs of the children during the term. |

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| **Lesson 1 ‘link it’** * **Discuss how we can keep our bodies healthy and the importance of exercise, how did we do this when we were in Squirrels class?**

Warm up – Play Blackbird says…..Activity- Creating obstacle courses Cool down – Sleeping lions  | **Lesson 2 ‘learn it’****How are we keeping our bodies healthy?** Warm up – Play Blackbird says…..Activity- Circuits -, bunny hops, star jumps etc Cool down – Sleeping lions  | **Lesson 3 ‘learn it’****How do we know we are working hard?** Warm up – Play Blackbird says…..Activity- Competitive circuits -, bunny hops, star jumps beating you own score Cool down – Sleeping lions  | **Lesson 4 ‘check it’** Warm up – Play Blackbird says…..Activity- Competitive circuits -, bunny hops, star jumps racing against each other Cool down – Sleeping lions  |
| **Lesson 5 ‘link it’*** **What have we been doing previously?**
* **Why is it good to keep our bodies healthy?**
* **How can we do that?**

Warm up – Play Blackbird says…..Activity- Playing active problem solving games – NSEW Sun and ice, hot potatoCool down – Sleeping lions  | **Lesson 6 ‘learn it’****How can we work together to solve problems?****How can we make sure we have space around us?** Warm up – Play Blackbird says…..Activity- Playing active problem solving games – NSEW Sun and ice, hot potatoCool down – Sleeping lions  | **Lesson 7 ‘check it’** Warm up – Play Blackbird says…..Activity- Playing active problem solving games – NSEW Sun and ice, hot potatoCool down – Sleeping lions  |  |

Take the objectives for the LO stickers from this section

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills)  |
| **Body awareness** is the ability to understand where our bodies are in space and how our bodies move. **Spatial awareness** is the ability to be aware of oneself in **space**. It is an organised knowledge of objects in relation to oneself in that given **space**. **Spatial awareness** also involves **understanding** the relationship of these objects when there is a change of position.**Resilience** is the capacity to recover quickly from difficulties. Pupils should learn to persevere when problem solving, when trying to achieve a difficult goal or when faced with adversity.**Year 2** * Show a good awareness of others in running, chasing and avoiding games.
* Know how to score and keep to rules of simple games.
* Sustain energy levels
 | * Use rolling, hitting, running, jumping, catching and kicking skills in combination.
* Master basic movements, including running, jumping, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
* **Compete with others and aim to improve personal best performances.**
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Progression of Learning

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| ‘Link It’  | ‘Learn It’ | ‘Check It’  | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils Do they know what being healthy means? How did they keep fit and healthy in previous classes? Why is it important to be healthy?  | Activities provided during lesson Resources Hall Pictures and signs for circuits Sports vests and balls/beanbags for games Music Refining fundamental movement skills: jumping, hopping, running, walking, jogging, skipping | Independent activities linked to lesson Resources  Pictures and signs for circuits Link skills together. Focus on fluency and security of skill. | How will the pupils share knowledge during or end of lessonExplore and discuss photographs of lessonsShare and compare diaries Apply skills in circuits and games  | Retrieve or generalization of learning after lesson * Answer questions about keeping healthy
* Show knowledge of keeping healthy
* Challenges selves and others to apply skills. Discuss what they are doing and how?
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