Springfield School

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| Blackbirds Class Medium Term Planning for PE 1 | |
| Topic: India  Gymnastics   * Communication * Sequencing | 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’**  **What do we know about gymnastics?**  **Can we remember the 3 basic shapes?**  Warm up – stretching to music  Activity – recap the 3 basic shapes  Cool down – resting to music | **Lesson 2 ‘learn it’**  **Balancing**  **How can we balance using our bodies?**  Warm up – stretching to music  Activity – demonstrate a range of balances using and finishing with the 3 basic shapes  Cool down – resting to music | **Lesson 3 ‘learn it’**  **Travelling**  **How can we travel using our bodies?**  Warm up – stretching to music  Activity – demonstrate a range of traveling using and finishing with the 3 basic shapes  Cool down – resting to music | **Lesson 4 ‘learn it’**  **Rolling**  **How can we roll using our bodies?**  Warm up – stretching to music  Activity – demonstrate a range of rolls using and finishing with the 3 basic shapes  Cool down – resting to music |
| **Lesson 5 ‘learn it’**  **Sequences**  **Can we put a sequence of moves together?**  Warm up – stretching to music  Activity – copy a sequence of moves using the 3 basic shapes balances, rolls and travelling  Cool down – resting to music | **Lesson 6 ‘check it’**  **Sequences**  **Can we design our own sequence and demonstrate the 3 basic shapes?**  Warm up – stretching to music  Activity – design sequence of moves using the 3 basic shapes balances, rolls and travelling  Cool down – resting to music | **Lesson 7 ‘check it’**  **Sequences**  **Can we remember the sequences that we have done including the 3 basic shapes?**  Warm up – stretching to music  Activity – demostrate a sequence of moves using the 3 basic shapes balances, rolls and travelling  Cool down – resting to music |  |

Take the objectives for the LO stickers from this section

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills) |
| **Communication** is the imparting or exchanging of information by speaking, writing, or using some other medium. Pupils should be able to understand the importance of good communication to achieve desired outcomes.  The combination of fundamental **movement** skills and **movement** elements to enable the body and/or objects to move in response to a stimulus.  **Year 2**   * Devise and repeat and perform short sequences in which there is a clear beginning, middle and end. * Explore ideas moves and feelings by improvising and experimenting with actions in response to stimuli. | * Move with careful control and coordination. * Link two or more moves to perform a sequence. * **Apply and develop a range of skills and link them to make actions and sequences of movement.** |

Progression of Learning

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| ‘Link It’ | ‘Learn It’ | ‘Check It’ | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils  What are the 3 basic shapes?  Can they use their bodies to create different sequences of shapes? | Activities provided during lesson  Resources  Hall  Pictures and signs for shapes  Mats  Equipment to move over  Music  Refining fundamental basic shapes. Link sequences of movement | Independent activities linked to lesson  Resources  Pictures and signs for shapes  Link skills together. Focus on fluency and security of movement | How will the pupils share knowledge during or end of lesson  Explore and discuss photographs of lessons  Share and compare diaries  Apply skills in sequences of movements, demonstrate key basic shapes | Retrieve or generalization of learning after lesson   * Demonstrate key basic shapes in sequence * Show knowledge of basic shapes * Demonstrate creativity of thinking applying movements together * Remember sequences of movements |