Springfield School

|  |  |
| --- | --- |
| Blackbirds Class Medium Term Planning for PE 2 | |
| Topic: Wonder Women  Dance   * 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. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Lesson 1 ‘link it’**  **What do we know about yoga?**  **How can yoga help our bodies and minds?**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music | **Lesson 2 ‘learn it’**  **How can yoga help our bodies and minds?**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music | **Lesson 3 ‘learn it’**  **Linking Movements**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music | **Lesson 4 ‘learn it’**  **Linking Movements**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music |
| **Lesson 5 ‘learn it’**  **Linking Movements**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music | **Lesson 6 ‘check it’**  **Sequences**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music | **Lesson 7 ‘check it’**  **Sequences**  Explore yoga sequences through a range of different themes  Warm up – stretching to music  Activity – learn a range of different yoga poses to different themes  Cool down – resting to music |  |

Take the objectives for the LO stickers from this section

|  |  |
| --- | --- |
| 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.  **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.   **Year 3**   * Develop flexibility, strength, technique, control and balance | * 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ‘Link It’ | ‘Learn It’ | ‘Check It’ | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils  Can they use their bodies to create different sequences of movements. | Activities provided during lesson  Resources  Hall  Pictures to inspire movements  Mats  Music  Link sequences of movement | Independent activities linked to lesson  Resources  Link movements 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. | Retrieve or generalization of learning after lesson   * Demonstrate key sequence of movements * Show emotions through movements * Demonstrate creativity of thinking applying movements together * Remember sequences of movements |