Springfield School

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| 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. |

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| **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

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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.**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.**
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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 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 lessonExplore and discuss photographs of lessonsShare 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
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