



Springfield School



Foxes Class Medium Term Planning for PE Summer Term 1 2024

<p>Topic: Ancient Greeks and The Olympics</p> <p>Athletics - Outdoor Control Resilience</p>	<p>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.</p> <p>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.</p>
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<p><u>Lesson 1 'link it' - 'learn it'</u> <u>Athletics - FUNdamentals</u> Warm up - Agility ladders - move in different ways through them. Activity- - Runners - play rock, paper, scissors. Whoever wins chase your</p>	<p><u>Lesson 2 'learn it'</u> <u>Athletics - Running - Sprinting Start</u> Warm up - North, south, east, west. Warm up activities. When hear a direction, run that way and jog back. Activity- Model and practice standing start and sprint start.</p>	<p><u>Lesson 3 'learn it'</u> <u>Athletics - Jumping for length</u> Warm up - Jump the river. Lay out 2 skipping ropes, short one end, further away the other. Practice jumping over the river. Activity- Practice a controlled run and jump.</p>	<p><u>Lesson 4 'learn it'</u> <u>Athletics - Throwing Gala: Distance and accuracy</u> Warm up - Cat and mouse Activity- discuss different throwing events - javelin, discus, hammer, shotput. Set up station for each Javelin - over arm</p>	<p><u>Lesson 5 'learn it'</u> Relay racing Warm up - Simon says Activity - Get into groups of 2/3 and practice relay races. Cool down - Stretches</p>
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partner and then swap. - Jumping (take off and landing) Cool down - Sleeping lions	Cool down - Sleeping lions	Compete with chalk to mark our distances. Cool down - slow walk around the mugga.	Discus - fling throw Shotput - one handed push throw Cool down - stretches	
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Take the objectives for the LO stickers from this section

Substantive Knowledge (Content)	Disciplinary Knowledge (Skills)
<p>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.</p> <p>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.</p> <p><u>Year 2</u></p> <ul style="list-style-type: none"> • 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 <p><u>Year 3</u></p> <ul style="list-style-type: none"> • Show control, accuracy and fluency of movement when performing actions on their own and with a partner on both floor and apparatus. 	<ul style="list-style-type: none"> • 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. <p><u>KS2 - PE</u></p> <ul style="list-style-type: none"> • Follow the rules of the game and play fairly. • Choose appropriate tactics to cause problems for the opposition. • Take part in outdoor and adventurous activity challenges both individually and within a team • Apply and develop a range of skills and link them to make actions and sequences of movement. • Compete with others and aim to improve personal best performances.

<ul style="list-style-type: none"> • Understand the purpose of the activity and plan actions to solve the problems they are set. • Be determined to improve performance 	
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Progression of Learning

'Link It'	'Learn It'	'Check It'	'Show It'	'Know It'
<p>Previous learning of pupils</p>	<p>Activities provided during lesson Resources</p>	<p>Independent activities linked to lesson Resources</p>	<p>How will the pupils share knowledge during or end of lesson</p>	<p>Retrieve or generalization of learning after lesson</p>