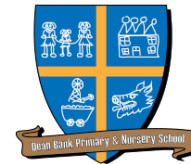




Dean Bank Primary School and Nursery PE - Medium Term Plan



Subject Area: Games

Term: Summer 1

Class: 1

Core Task Bean Bag Throw (Striking and Fielding)	National Curriculum <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.
Key Terms/Vocabulary - Tracking a ball, rolling underarm, underarm throw, overarm throw, throwing, catching, free space, own space, opposite team, opponent, player, team, teammate, score/scoring, equipment, batter, thrower, fielder, jumping, 2-2 jump, 1-1 jump, hurdles	Key Skill <ul style="list-style-type: none"> Develop fundamental movement skills including running, jumping, throwing and catching. Become increasingly competent and confident to extend their agility, balance and coordination. Engage in co-operative and competitive activities against self and others. Participate in team games, developing simple tactics for attack and defence.

Learning Objective	Skill Focus (Physical Skills, Thinking Skills, Team Skills)	Key Questions	Activities and Differentiation	Resources/FAO BH
Core task assessments I can throw with a suitable technique I can move with good technique I can move to try and intercept an object I can make simple decisions about where to throw I can watch and describe what others are doing I know how to score and follow the rules of the game I can make it difficult for their opponents	Throwing with a suitable technique Moving with good technique Moving to try and intercept an object Making simple decisions about where to throw Watching and describing what others are doing Knowing how to score and follow the rules of the game Making it difficult for their opponents	Can you describe how you threw the beanbag? Can you describe how you jumped in and out of the hoop? Can you describe how you retrieved the beanbag? What was good about your performance? What did your opponent do well?	Warm up - 8 mins Bean game. BH to support CB. AF to support RB and GP. Main task - 20-30 mins The aim of the game is for the thrower (the batter) to score as many points as possible by throwing beanbags into a channel and then counting how many times they can move in and out of a hoop before fielders retrieve the beanbags. The game is played one against three. One player stands in a hoop and throws beanbags down a marked channel. The other players stand behind the thrower (diagram 4) and run to retrieve the beanbags after they have been thrown. There should be one beanbag for each fielder to retrieve. Players take it in turns to throw. Once the children know how to play the game successfully, the fielders should stand in the throwing channel to try to intercept the beanbags. Cool Down - 6 mins Place coloured hoops on the floor in the playing area. Pupils work together to tidy the equipment. Different methods of travelling are used when transporting/tidying different coloured equipment. E.g. - Blue = crawl, green = hop, yellow = skip. Review the skills taught. Can children identify what skills they may need to practice within this unit of work in PE? AF to support CB. BH to support GP and RB.	Bean bags Bats Hoops Cones



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<p>I can perform 2-2 and 1-1 jumps.</p>	<p>Moving with good technique</p> <p>Watching and describing what others are doing</p> <p>Knowing how to score and follow the rules of the game</p>	<p>What is a 2-2/1-1 jump? Can you show me?</p> <p>Are all jumps the same? How are they different?</p> <p>Will you need to use different jumps at different times? Why?</p> <p>What does the thrower do?</p> <p>What did your partner do well? How could they improve?</p> <p>How does your body feel when it is cooling down/warming up?</p> <p>Which jumps do you think are best for Beanbag Throw? Why?</p>	<p>Warm up: The Floor is Lava - 7 mins Pupils in pairs sitting in hoops arranged down one side of the hall/ playing area. Spots & hoops put out at random positions across the hall. These are to be used as stepping stones to get through the lava (pupils can take any path they wish!) Bean bags arranged at opposite side of the hall. Pupils collect one bean bag at a time, only moving across the hall jumping on the stepping stones (jumps should initially be 1foot-1foot leap or 2feet-2feet jump). Pupils count how many beanbags the collected with their partner. Return the bean bags to the opposite end of the playing area to repeat game. Repeat game but this time allow pupils to throw beanbags back to start once they have all been collected.</p> <p>Progression: Only 1 player per spot, 2 players per hoop, no limit in rainbow hoop. BH to support CB. AF to support GP and RB.</p> <p>Skill Development - Jumping - 10 mins Teach children how to perform 2-2 jumps (start on 2 feet and land on 2 feet). Focus on arm action to help propel into the air/ in direction of jump and how to bend from hips and knees to generate/ absorb force. Allow children to practice jumping forwards and backwards on and off their own rubber spot/ over a cone (differentiate for ability); children explore jumping sideways. In playing area add further hoops and cones.</p> <p>Encourage pupils to freely move around the area and when they approach a spot, hoop or cones they should perform a 2-2 jump on, in or over the piece of equipment.</p> <p>Introduce mini hurdles. Children may find it challenging to perform a 2-2 jump over these due to the height. Demonstrate how a 1-1 leap may be an easier way to travel over this taller piece of equipment.</p> <p>Pupils now work with a partner, taking it in turns to be the leader (swap after 1minute). The lead partner travels around space performing both 2-2 jumps and 1-1 leaps over the different pieces of equipment, whilst their partner follows.</p>	<p>Beanbags Cones Hoops Hurdles Floor ladders</p>
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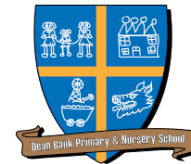


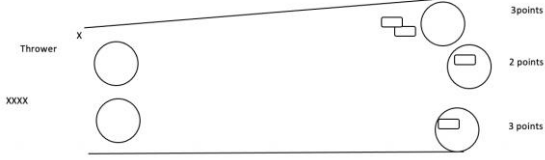
			<p>BH to support CB and GP. AF to support RB.</p> <p>Game: Beanbag Throw Set up Beanbag Throw Core Task activity to allow pupils to apply the skills taught in this lesson. Once 'Thrower' has sent beanbags, they should jump in and out of their hoop to score points. This player should keep jumping in and out of their hoop until the fielders have collected and returned all beanbags. Explore the different jumps taught in this lesson (1-1 leap, 2-2 forwards/ backwards jump, 2-2 lateral jump). AF - GP. BH - RB & CB.</p> <p>Cool Down: Count Down Cool Down Pupils should start by running around playing area and gradually slowing down as the teacher counts down from 5-0. 5 = Run, 4 = Jog, 3 = Power Walk, 2 = Walk, 1 = Move in slow motion. AF - GP. BH - RB & CB.</p>	
<p>I can make an underarm throw for accuracy.</p>	<p>Throwing with a suitable technique</p> <p>Moving with good technique</p> <p>Moving to try and intercept an object</p> <p>Making simple decisions about where to throw</p> <p>Watching and describing what others are doing</p> <p>Knowing how to score and follow the rules of the game</p> <p>Making it difficult for their opponents</p>	<p>What is an underarm throw? Can you show me how you make an underarm throw?</p> <p>When might you need to use an underarm throw?</p> <p>What does accuracy mean?</p> <p>Why is it important that we try to throw accurately?</p> <p>How can you be a good teammate?</p>	<p>Warm up: Beanbag Relay (8 mins)</p> <p>Pupils in 5-6 equal teams, standing in a straight line behind their team hoop (all teams stand at same side of playing area)</p> <p>In hoops there must be enough beanbags so each pupil has at least one each. Players pick up a beanbag from their hoop and 2-2 jump out until they reach a rubber spot that positioned $\frac{3}{4}$ of way to target hoop. When the player reaches rubber spot they should aim and underarm throw beanbag in to target hoop. If beanbag lands inside target hoop they should return to their team and next player repeats.</p> <p>If beanbag misses the target hoop then the player must jump to beanbag and have another attempt until beanbag has successfully been thrown into hoop.</p>	<p>Beanbags</p> <p>Cones</p> <p>Hoops</p>



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			<p>Skill Development:</p> <p>Teach children how to perform underarm throw correctly with some basic 'top tips' to remember:</p> <ul style="list-style-type: none"> Encourage them to step forward with the opposite foot to the hand that they are holding beanbag in (<u>ie</u>, if right handed, step forward with left foot). Encourage pupils to use non-throwing hand to point at target. Hold beanbag in palm of hand for more control (not thumb and <u>finger</u> grip). Throwing hand should finish pointing towards target <ul style="list-style-type: none"> Repeat Beanbag Relay activity to allow children to apply the 'top tips' shared. <hr/> <p>Game: Beanbag Throw (with target hoops) Play Beanbag Throw with a focus on aiming throws into bonus point hoops. Outer hoop = 3 bonus points Central hoop = 2 bonus points</p>  <p>Cool Down: Clear the Court (5 mins) Mark out a court with a halfway line. Split pupils into 2 equal team standing in each half of the court. Aim of the game is to underarm throw/ slide beanbags/ soft sponge balls into spaces in opposition half of court Team with most beanbags in their half after 1 minute loses. Progress: Split teams in half again so we now have 4 teams Mark another line to split area into quarters. In this game encourage pupils to identify gaps/ spaces where they can send their beanbag/ ball. Throughout - AF to support RB and GP. BH to support CB.</p>	
<p>I can show awareness of my own space and the space of others within a given area.</p> <p>I can understand my own role within a team.</p>	<p>Moving with good technique</p> <p>Moving to try and intercept an object</p> <p>Throwing with a suitable technique</p>	<p>Do you need to stay close to people when you're in your area? Why?</p> <p>What could happen if you stand too close to someone in this game?</p> <p>Can you show me the throwing area?</p> <p>What does the fielder/thrower do in this game?</p> <p>What are the rules of this game? Can you break the rules in the game? Why? What could happen if you did?</p>	<p>Warm Up - The Floor is Lava! - 8 mins As above</p> <p>Skill Development: Target Throw - 10 mins In teams of 5 - 1 thrower and 4 fielding players. Position 4 different colour hoops at one end of playing area- each fielder is responsible for one hoop. Thrower sends beanbags towards the matching hoop (red beanbag to red hoop, blue bean bag to blue hoop etc). Once all beanbags have been sent the thrower shouts 'GO!!!' The fielders must run out and only collect their beanbag. One of the fielders now becomes the thrower - repeat until all players have experienced throwing and fielding Continue to reinforce good throwing technique</p> <p>Game: Beanbag Throw (progression game) 20-25 mins This progression game of Beanbag Throw is played in the same way as previous games, however, the fielding players are now positioned within the actual throwing area.</p>	<p>Beanbags Hoops Cones</p>



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			<p>Fielding players cannot run to collect beanbags until the thrower has sent all beanbags from the hoop.</p> <p>**Note that fielding players can catch beanbags if they are sent too close to them by the thrower, or they can move out of the way if thrown towards them. It is important that all fielding players are focusing and concentrating on the thrower on their court!</p> <p>Cool Down - Clear the Court game (as above) - 5 mins Throughout - AF to support CB and RB. BH to support GP.</p>	
<p>Core task assessments</p> <p>I can throw with a suitable technique</p> <p>I can move with good technique</p> <p>I can move to try and intercept an object</p> <p>I can make simple decisions about where to throw</p> <p>I can watch and describe what others are doing</p> <p>I know how to score and follow the rules of the game</p> <p>I can make it difficult for their opponents</p>	<p>Throwing with a suitable technique</p> <p>Moving with good technique</p> <p>Moving to try and intercept an object</p> <p>Making simple decisions about where to throw</p> <p>Watching and describing what others are doing</p> <p>Knowing how to score and follow the rules of the game</p> <p>Making it difficult for their opponents</p>	<p>Can you describe how you threw the beanbag? Why did you throw it this way?</p> <p>Did you throw your beanbag accurately? How do you know?</p> <p>What type of jump did you do to get out of the hoop? Why? Can you show me?</p> <p>What was good about your performance?</p> <p>What did your opponent do well?</p> <p>Do you know how you/your partner could improve next time?</p>	<p>Warm Up - 8 mins - Bean game. AF to support GP and CB. BH to support RB.</p> <p>Skill Development - 5-10 mins Discuss all skills to covered to support pupils to play Beanbag Throw effectively. This is an opportunity to reinforce any areas in which pupils require additional input/support before participating in the core task. AF to support GP and CB. BH to support RB.</p> <p>Core task: 20 mins The aim of the game is for the thrower (the batter) to score as many points as possible by throwing beanbags into a channel and then counting how many times they can move in and out of a hoop before fielders retrieve the beanbags. The game is played one against three. One player stands in a hoop and throws beanbags down a marked channel. The other players stand behind the thrower (diagram 4) and run to retrieve the beanbags after they have been thrown. There should be one beanbag for each fielder to retrieve. Players take it in turns to throw. Once the children know how to play the game successfully, the fielders should stand in the throwing channel to try to intercept the beanbags. *Can pupils set up their own games with the equipment provided?</p> <p>Cool Down - Squeeze - 6 mins This game will help reinforce playing games in confined spaces and being aware of own body and surrounding players. Mark out 4 different colour 'squeeze' zones in playing area. These areas should be only just big enough to allow all pupils to fit inside, if they are standing up straight. Pupils should move around playing area, keeping out of the squeeze zones, until they hear a colour being called out. Once a colour is called out, all pupils should move into this squeeze zone. Explore playing with different travelling actions e.g. run, jump, skip, gallop, sidestep etc. AF to support RB. BH to support CB and GP.</p>	<p>Cones</p> <p>Beanbags</p> <p>Hoops</p>