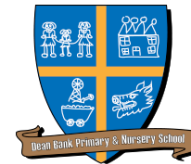




Dean Bank Primary School

PE - Medium Term Plan



Subject Area: Invasion Games

Term: Spring

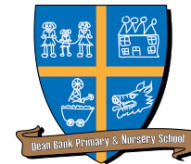
Class: 5

<p><u>Core Task</u> Grid rugby</p>	<p><u>National Curriculum</u> -Use running, jumping, throwing and catching in isolation and in combination -Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
<p><u>Key Terms</u> Keeping Possession, Passing, Shooting, Width, Depth, Support, Marking, Covering, Attacking, Defending, Tactics, Warm-up, Cool-down</p>	<p><u>Key Skills</u> -Finding space to receive a pass -Making decisions quickly in games -Consistently catch the ball -Attempt to outwit opponents by using agreed tactics</p>

Learning Objective	Skill Focus (Physical Skills, Thinking Skills, Team Skills)	Key Questions	Activities and Differentiation	Equipment
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Dean Bank Primary School PE - Medium Term Plan



<p>Core Task Assessment</p> <ul style="list-style-type: none"> -To select appropriate passes to hit the intended target -To find space to receive a pass -To attempt to outwit opponents using tactics -To apply principles of team play to keep possession -To make decisions quickly in games 	<ul style="list-style-type: none"> -Send and receive a ball with hands, feet, racquet and bat with accuracy to a target, space or team mate in traditional mini versions of invasion, net/wall, striking/fielding games e.g. Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders -Demonstrate the confidence and competence to successfully take part in the range of games as described above -Demonstrate the perseverance to improve -Make decisions quickly in a game -Change tactics/roles as necessary for the success of the whole team -Understand the transference of skills from one type of game to another and apply appropriately -Reflect on own and others' performance to help improve 	<p>What skills do you need to improve? How can you do this?</p> <p>How can you use different positions and formations to help you be successful?</p> <p>What tactics can you use to outwit your opponents?</p> <p>How could you change the rules of the games to make it easier or harder?</p> <p>What is your opponent good at? How did this affect the way you played the game?</p> <p>What skills do you need to be able to play tag rugby well?</p> <p>How can you try to dodge an opponent?</p> <p>What is the best way to perform passes to your team mates?</p>	<p>Warm up - Children to throw objects - starting with bean bags - into a hoop, 3 hoops 3 different colours - increasing distance. Children will then move onto throwing rugby ball into the hoops. How many points can they score?</p> <p>Grid rugby - Core Task: Chn will play in teams of five against three, the aim of the game is to score more goals. Team of 5 will attack one large goal whereas the 3 will attack two smaller goals at other end. There are no goalkeepers.</p> <p>BH to support and oversee the games whilst LC carries out assessment.</p> <p>After the game chn will reflect on what went well and how they could improve. Chn will discuss how the game could be changed to make it harder/easier.</p> <p>Cool Down - follow the leader. Children to follow the leader</p>	<ul style="list-style-type: none"> Rugby balls Cones Hoops Bean bags Bibs
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Dean Bank Primary School

PE - Medium Term Plan



	<p>personal and team skills and performance</p> <ul style="list-style-type: none">-Challenge and encourage each other to perform to the best of their ability-Choose and use criteria to evaluate own and others' performances.-Understand the importance of warming up and cooling down.-Carry out warm-ups and cool-downs safely and effectively.		<p>copying direction/movements etc.</p>	
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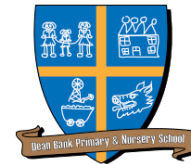
Dean Bank Primary School PE - Medium Term Plan



<p>I can pass and receive the ball using the right technique.</p>	<ul style="list-style-type: none"> -Understand the importance of warming up and cooling down. -Carry out warm-ups and cool-downs safely and effectively. - Challenge and encourage each other to perform to the best of their ability - Reflect on own and others' performance to help improve personal and team skills and performance - Demonstrate the perseverance to improve 	<p>How can we improve on this technique?</p> <p>What do you need to think about when passing the ball?</p> <p>Is it harder when the line is moving?</p> <p>What are the rules for Rugby?</p> <p>What direction is the ball suppose to move when throwing the ball?</p>	<p>Warm Up - Shuttle Run relays - children to run from one cone to the other and back, tagging the next member of their team.</p> <p>Provide children with the opportunity to explore a variety of passing styles 'gut' ball to long/short pass.</p> <p>Provide opportunities for children to pass the ball along the line.</p> <p>Model to children the right method one hand at top and bottom of the ball. Move the ball side ways and pass the ball along.</p> <p>Move on to passing along a line once children have managed to try the technique.</p> <p>Model to children how we would incorporate this skill into a moving line. Children to practice the same skill but with the line of people moving forward. If they drop the ball they must go back to the beginning and start again.</p> <p>LA moving in pairs.</p> <p>MA - move in groups of 3</p>	<p>Rugby balls Cones Tags Bibs</p>
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Dean Bank Primary School PE - Medium Term Plan



			<p>HA move in groups of 4.</p> <p>BH to provide support to LA children - giving advice where needed.</p> <p>Use cones as a guidance to moving and when to pass. *Reminder child with the ball must be in front of the person they are throwing the ball to.</p> <p>Move on to small game and introduce the rules of tag rugby. Once tag has been taken to pass the ball to nearest teammate. Once tagged 5 times to give ball to another team.</p> <p>Cool Down - Silent popcorn - children to move around the space in silence - following the instruction e.g. tiptoes. Teacher to call popcorn and a number - children to silently get into groups of that number.</p>	
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Dean Bank Primary School PE - Medium Term Plan



<p>I can find space to receive a pass.</p>	<ul style="list-style-type: none">-Understand the importance of warming up and cooling down.-Carry out warm-ups and cool-downs safely and effectively.- Challenge and encourage each other to perform to the best of their ability- Reflect on own and others' performance to help improve personal and team skills and performance- Demonstrate the perseverance to improve	<p>How far away should you be from a team member when attacking?</p> <p>How could we change this play?</p> <p>How can we try to beat this opponent?</p> <p>If there is 2 vs 1 how could we use the extra team member to get past the defender?</p> <p>Do we need to be the same distance apart? Why not?</p> <p>What would happen if we were closer to each other? Further apart?</p>	<p>Warm Up - Figure of 8 - children to pass the ball in a figure of 8 through their legs, before handing to the next person in their team.</p> <p>Look at the passing drills from last week and recap the technique when passing the ball. Go over the same drills and look at the line that we demonstrated last week.</p> <p>This time remove the cones and see if children are able to demonstrate the same type of movement.</p> <p>Explore changing the distance between team mates. LC and BH to encourage larger and smaller distances where required.</p> <p>Go over the different strategies for passing. Demonstrate the various types and show the type of running needed.</p> <p>Look at working with the person receiving a ball and when to be close and when to</p>	<p>Rugby balls Cones Tags Bibs</p>
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			<p>be further away. Look at 2 vs 1 scenario.</p> <p>Play small games at the end to show case skills used.</p> <p>Cool Down - In the air and clap - in pairs children to throw the ball in the air and clap before catching it. Partner to count. When they fail to clap or catch the ball they swap with their partner.</p>	
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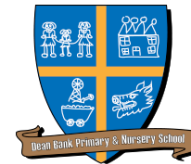
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<p>I can develop a strategy to beat an opponent</p>	<ul style="list-style-type: none"> -Understand the importance of warming up and cooling down. -Carry out warm-ups and cool-downs safely and effectively. - Challenge and encourage each other to perform to the best of their ability - Reflect on own and others' performance to help improve personal and team skills and performance - Demonstrate the perseverance to improve 	<p>Can we improve on a strategy? Can we improve someone else's?</p> <p>Look at the strategy you have just watched, can you perform that same strategy? Can you change it?</p> <p>Is there a way to pass the ball for better accuracy?</p> <p>What is the idea of tag rugby? When should the ball be given back to the opposition?</p>	<p>Warm Up - Around your waist - children to pass the ball around their waist clockwise, then anti clockwise. Children then pass to the person behind them. Which team can complete the waist passes first?</p> <p>Recap the different styles of passing - ask children to model them by playing hot potato.</p> <p>In Rugby the idea is to beat the person in front of you. But that is not always the case. How could we beat two defenders in front of you if there are only two of you? Let children try that type of game and showcase 2 vs 2 of similar ability. Some could just run around but if we wanted to work as a team we could use a strategy. Go over some strategies for the children to use.</p> <p>Can they watch others and suggest improvements?</p> <p>Move on to look at keeping possession, the more passes</p>	<p>Rugby balls Tags Cones Visual strategies Bibs</p>
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			<p>we do the better/more opportunities we have of scoring. Explain that we can't always rely on our quickest runners to win the game as they will tire out. We need to gradually increase our position. Go through the drills again along a line and see if they can manage to get 5 passes from start to finish. Start in small groups of 5. Reduce the groups to 3's. Does that make a difference? Max amount of passes now from start to finish can they keep hold of the ball to make 20 passes?</p> <p>BH to provide support to LA children - keeping track of passes, when to change the distance etc.</p> <p>Play game at the end to score a point need 6 passes within your team. Same rules apply</p> <p>Cool Down - Simon Says - Children to move around the space, following instructions from 'Simon'.</p>	
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	<p>personal and team skills and performance</p> <p>-Challenge and encourage each other to perform to the best of their ability</p> <p>-Choose and use criteria to evaluate own and others' performances.</p> <p>-Understand the importance of warming up and cooling down.</p> <p>-Carry out warm-ups and cool-downs safely and effectively.</p>		<p>a hoop, 3 hoops 3 different colours - increasing distance. Children will then move onto throwing rugby ball into the hoops. How many points can they score?</p>	
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