

## **Medium Term Plan: Supporting Implementation of**

**Subject:** Year 2 Summer 2 – Fitness:

In this unit pupils will take part in a range of activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods.

N/C links:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.
- Apply these in a range of activities.

Key skills:

- Physical: run, stamina, skip, co-ordination, agility, strength, balance
- Social: encourage others, communication
- Emotional: determination, perseverance
- Thinking: comprehension, identify strengths and areas for improvement

### **Prior Learning (what pupils already know and can do)**

- Pupils can recognize how yoga makes them feel both physically and mentally.
- Pupils can remember and repeat actions, linking poses together.
- Pupils can say what they like about someone else's flow.
- Pupils can show an awareness of space when travelling.
- Pupils can work with others to create poses.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- I am beginning to provide feedback using key words.
- I can copy, remember and repeat yoga flows.
- I can describe how my body feels during exercise.
- I can move from one pose to another thinking about my breath.
- I can use clear shapes when performing poses.
- I can work with others to create simple flows showing some control.

### **Key Vocabulary**

Breath, choose, create, flexibility, flow, focus, perform, pose, strength

Session 1 – To copy and repeat yoga poses.

### **Success Criteria**

- Breathe in and out slowly when in your yoga poses.

### **Whole Child Objectives**

- Social: To be respectful of other people's learning and not distract them.
- Emotional: To be confident in sharing my ideas.
- Thinking: To suggest ideas for poses.

Session 2 – To develop an awareness of strength when completing yoga poses.

### **Success Criteria:**

- Concentrate on breathing whilst in pose.

### **Whole Child Objectives:**

- Social: To lead a small group safely around the space.
- Emotional: To try my best.

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- Thinking: To recall and select poses from the poses we have learnt

Session 3 – To develop an awareness of flexibility when completing yoga poses.

### Success Criteria:

- Use controlled breathing in through your nose and out through your mouth.
- When breathing out, try to stretch a little further.

### Whole Child Objectives:

- Social: To move safely around others.
- Emotional: To show honesty when playing games.
- Thinking: To understand and follow instructions.

Session 4 - To copy and remember actions linking them into a flow.

### Success Criteria:

- Order poses so that they flow easily from one to the other.
- Work with your partner, sharing ideas and listening to each other.

### Whole Child Objectives:

- Social: To work with others, sharing ideas to create a flow.
- Emotional: To show confidence to share my ideas with the class.
- Thinking: To make quick decisions with others to solve a challenge.

Session 5 –To create a flow, perform and teach it to a partner.

### Success Criteria:

- Be clear when giving your instructions so that your partner knows what to do.
- Order poses so that they flow easily from one to the other.

### Whole Child Objectives:

- Social: To teach a partner using clear instructions.
- Emotional: To sit calmly and focus on one thing.
- Thinking: To think of my own ideas to create a desert flow.

Session 6 – To explore poses and create a yoga flow.

### Success Criteria:

- Order poses so that they flow easily from one to the other.
- Work with your partner, sharing ideas and listening to each other.

### Whole Child Objectives:

- Social: To lead others, demonstrating a yoga pose for them to copy.
- Emotional: To identify how yoga makes me feel.

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- Thinking: To reflect on learning.

**Future learning this content supports:**