

Medium Term Plan: Supporting Implementation of

Subject: Year 4 Summer 2 – Fitness:

In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.

N/C links:

- Use running, jumping, throwing, catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.

Key skills:

- Physical: agility, balance, co-ordination, speed, stamina, strength
- Social: support others, work safely, communication
- Emotional: perseverance, determination, honesty
- Thinking: identify areas of strength and areas for development

Prior Learning (what pupils already know and can do)

- They are beginning to use simple tactics.
- They are learning the rules of the game and are beginning to use them honestly.
- They can dribble, pass, receive and shoot the ball with some control.
- They can find space away from others and near to their goal.
- They can provide feedback using key words.
- They can track an opponent to slow them down.
- They can understand their role as an attacker and as a defender.
- They work co-operatively with their group to self-manage games.

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

- I can delay an opponent and help to prevent the other team from scoring.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.
- I understand the rules of the game and I can use them often and honestly.

Key Vocabulary: accelerate, control, cushion, decision, delay, gain, invasion, opposition, option, possession, receive, referee, tackle, tournament.

Session 1 – To develop sending and receiving the ball with accuracy and control.

Success Criteria

- Create a barrier with your stick to receive the ball.
- Step forward with your left foot when passing.

Whole Child Objectives

- Social: To communicate with a partner verbally and visually.
- Emotional: To persevere when learning a new skill.
- Thinking: To use decision making to decide who to pass to and when.

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Session 2 – To develop the attacking skill of dribbling.

Success Criteria:

- Keep your head up to see the space.
- Only use one side of the stick.
- Rotate the stick fully over the ball.

Whole Child Objectives:

- Social: To make safe decisions when holding the hockey stick.
- Emotional: To persevere when learning a new skill.
- Thinking: To use decision making to consider when to dribble and when to pass.

Session 3 – To develop dribbling to beat a defender.

Success Criteria:

- Keep your head up to see the space.
- Move into space away from defenders.

Whole Child Objectives:

- Social: To work collaboratively in a team.
- Emotional: To play honestly and within the rules.
- Thinking: To make decisions about when to pass and when to dribble.

Session 4 - To use defending skills to delay an opponent and gain possession.

Success Criteria:

- Be careful not to place the hockey stick on the floor too soon.
- Keep to the rules, be honest and play fairly.
- Use your stick to create a barrier when intercepting.

Whole Child Objectives:

- Social: To work with others to manage our games.
- Emotional: To show honesty when playing.
- Thinking: To use decision making to decide when to track and when to tackle.

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Session 5 –To apply attacking skills to move towards goal and find a space.

Success Criteria:

- Dribble towards your goal if you have space to.
- Move into space away from defenders.
- Move into space near to your goal.

Whole Child Objectives:

- Social: To work with others to manage our games.
- Emotional: To show honesty using the rules.
- Thinking: To show an understanding of how to find a space.

Session 6 – To develop officiating and performing skills.

Success Criteria:

- Discuss with your team how to improve for your next match.
- Keep to the rules, be honest and play fairly.

Whole Child Objectives:

- Social: To be respectful and congratulate others.
- Emotional: To show determination and perseverance in the games I play.
- Thinking: To discuss ways to improve in the games I play.

Vocabulary

Future learning this content supports: