

Medium Term Plan: Supporting Implementation of

Subject: Year 6 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. They will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve on their personal fitness levels. 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 in which they make the most improvement using the data they have collected.

N/C links:

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

Key skills:

- Physical: agility, balance, co-ordination, speed, stamina, strength
- Social: support and encourage others, collaboration
- Emotional: perseverance, determination
- Thinking: observation, analysis, comprehension

Prior Learning (what pupils already know and can do)

- They can analyse their performance in relation to the fitness component being used.
- They can work with others to manage activities.
- They demonstrate good balance and control when performing other fundamental skills.
- They show accuracy and power when throwing for distance.
- They understand the different components of fitness and how they help me in other activities.
- They understand what their maximum effort looks like and feels like and they are determined to achieve it.

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

- I can change my running technique to adapt to different distances.
- I can collect, record and analyse scores to identify areas where I have made the most improvement.
- I can work with others to organise, manage and record information at a station.
- I encourage and motivate others to work to their best.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I understand the different components of fitness and ways to test and develop them.
- I work to my maximum consistently when presented with challenges.

Key Vocabulary

Abdominals, agility, analyse, calves, co-ordination, consistent, drive, engage, measure, motivate, persevere, power, quadriceps, record, rhythm, stable

Session 1 – To develop an awareness of what your body is able to do.

Success Criteria

- Encourage those you are working with.
- Try your best at each station.

Whole Child Objectives

- Social: To support and encourage others.
- Emotional: To persevere to achieve my personal best.
- Thinking: To identify areas of strength and areas for development.

Medium Term Plan: Supporting Implementation of

Session 2 – To develop speed and stamina.

Success Criteria:

- Maintain a steady breath.
- Make your first step forwards not backwards.
- Push off your outside foot and turn your hips to change direction.
- Run on the balls of your feet.
- Work for the whole time period without stopping.

Whole Child Objectives:

- Social: To support and encourage a partner.
- Emotional: To challenge myself to work to my maximum.
- Thinking: To observe my partner and provide them with feedback.

Session 3 – To develop strength using my own body weight.

Success Criteria:

- Complete the exercises slowly and with control.
- Maintain a steady breath.

Whole Child Objectives:

- Social: To recognise that having a positive approach also positively impacts on others.
- Emotional: To persevere to achieve my personal best.
- Thinking: To identify personal areas of strength.

Session 4 - To develop co-ordination.

Success Criteria:

- Keep your hands at waist height.
- Turn the rope then jump.

Whole Child Objectives:

- Social: To work collaboratively and communicate with others.
- Emotional: To persevere if I find things hard.
- Thinking: To identify that co-ordination is a skill that requires moving different body parts at the same time and this also requires balance.

Medium Term Plan: Supporting Implementation of

Session 5 –To develop agility.

Success Criteria:

- Turn your hips to face the direction you are running.
- Use lots of small steps rather than big steps.

Whole Child Objectives:

- Social: To use positive words to motivate and support others.
- Emotional: To challenge myself to work my best.
- Thinking: To recognise when I was successful and what I need to do to improve.

Session 6 – To develop balancing with control.

Success Criteria:

- Focus on something stationary.
- Move slowly to gain balance and control.
- Slightly bend your standing leg.

Whole Child Objectives:

- Social: To work safely when developing a skill.
- Emotional: To challenge myself to work to my best.
- Thinking: To identify muscle groups working in different activities.

Future learning this content supports: