



Churchill Park School
Medium Term Plan – Key Stage 3 - Books & Authors

Year 7 and 8

	Week 1	Week 2	Week 3	Week 4	Week 5
Physical Education	<p>Objective: Games –To explore throwing & Catching techniques.</p> <p>Success Criteria: Support: I can slide a bean bag to a targeted destination</p> <p>Core: I can throw a beanbag underarm to a targeted destination.</p> <p>Extension: I can throw a beanbag overarm to a targeted destination.</p> <p>LOtC: Use playground apparatus Use playground markings as targets or measures of distance for bean bags</p> <p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up ‘traffic lights’ Beanbag activities Learning about moving in your own space in a variety of ways safely using your equipment.</p> <p>Learning how to throw or roll (slide) a beanbag for accuracy and distance using an underarm or over arm throw with increased accuracy.</p>	<p>Objective: Games – To throw and catch while on the move</p> <p>Success Criteria: Support: I can throw a beanbag to a partner who is stationary Core: I can throw a beanbag while moving to a stationary partner. Extension: I can throw and catch a beanbag while on the move.</p> <p>LOtC: Use playground apparatus Use playground markings as targets or measures of distance for bean bags Play Quoits on the playground or school field.</p> <p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up ‘video game’(Stop, pause, left, right, up, down) Quoits & Beanbags Reproducing and applying the same safety rules learned in week 1.</p> <p>Learning about ways to throw, roll, bowl, balance and retrieve quoits. Learning & improving on the different handling skills combining the beanbags and quoits. Throw and catch a beanbag while on</p>	<p>Objective: Games– To use different body parts to catch beanbags</p> <p>Success Criteria: Support: I can explore balancing beanbag on different body parts. Core: I can catch a beanbag with a different body part than the hands Extension: I can catch a beanbag with more than one different body part other than the hands.</p> <p>LOtC: Use playground apparatus Use playground markings as targets or measures of distance for bean bags</p> <p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up Beans game Beanbags Develop body awareness through catching beanbags with different body parts.</p> <p>Improve catching skills through a variety of advanced throws (high, low, side).</p> <p>Develop an understanding of catching high and low balls.</p> <p>Use of partner and group work to</p>	<p>Objective: Games-To hit & kick a ball in a variety of ways</p> <p>Success Criteria: Support: I can ground pass a ball to a partner Core: I can ground pass to and receive a pass from a partner Extension: I can ground pass to and receive a pass from a partner whilst moving</p> <p>LOtC: Play kickball on playground or school field Practice passing the ball on the playground. Use goal posts on school playground Use mugga for five a side game</p> <p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up ‘traffic lights’</p> <p>Large soft balls Reproducing and applying the same safety rules learned in week 1. Learning individually about throwing and catching in a wide variety of ways. Tracking / Fielding balls rolled to them. Moving in line with the ball to collect it. Hit and kick a ball in a variety of ways.</p>	<p>Objective: Games – Use different body parts to pass the ball.</p> <p>Success Criteria: Support: I can use a different body part to pass the ball. Core: I can pass and receive the ball using a different body part Extension: I can pass and receive the ball using a different body part whilst moving</p> <p>LOtC: Play kickball on playground or school field Practice passing the ball on the playground. Use goal posts on school playground Use mugga for five a side game</p> <p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up ‘video game’(Stop, pause, left, right, up, down)</p> <p>Large soft balls Using the techniques (chest pass, bounce pass and overhead pass) learned with a partner or in a small group. (‘piggy in the middle’ type activities) (Incorporate the travelling rule and</p>



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<p>Develop co-operation and competition.</p> <p>Learning and reproducing the appropriate names for certain throws <u>Balls & Beanbags</u> Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>the move. Use of different levels and directions to develop awareness of space. Use a partner to throw and catch while travelling. <u>Balls & Beanbags</u> Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. 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Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>encourage movement with each pass.)</p> <p>Develop co-operation through relay games. <u>Balls & Beanbags</u> Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>
Week 6	Week 7	Week 8	Week 9	Week 10
<p>Objective: Games – To learn the basic invasion game skills/rules Success Criteria: Support: I can pass the ball to someone in their team Core: I can pass to and receive the ball from someone in their team Extension: I can pass to and receive the ball from someone in their team whilst moving LOtC:</p>	<p>Objective: Games - To roll, bowl and bounce the ball to a partner Success Criteria: Support: I can roll the ball in different directions to a partner Core: I can dribble bounce the ball to a stationary partner Extension: I can dribble bounce the ball to a partner whilst changing direction LOtC: Use the playground to set up activities.</p>	<p>Objective: Games – To throw, catch and evade within a game Success Criteria: Support: I can throw the ball/beanbag to a moving partner Core: I can dribble bounce the ball to a moving partner Extension: I can dribble bounce the ball towards a moving partner and evade LOtC: Use the playground to set up activities</p>	<p>Objective: Games – To develop kicking/moving a ball to a designated destination Success Criteria: Support: I can move the ball to a designated destination using any part of the body Core: I can kick/move the ball using feet or hands to selected target. Extension: I can pass and receive then aim the ball at a chosen target. LOtC:</p>	<p>Objective: Games – To use tennis balls and bats Success Criteria: Support: I can connect a tennis ball with a bat underarm Core: I can connect a tennis ball with a bat underarm and overarm Extension: I can connect a tennis ball with a bat underarm and overarm between themselves and a partner(rally) LOtC: Play bat and ball games against a wall</p>



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<p>Practice passing the ball on the playground. Use goal posts on school playground Use mugga for five a side game SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up Beans game</p> <p>Invasion games Learning the basic invasion game skills and rules. (mat ball, bench ball)</p> <p>Learning about fair play and safety rules; no body contact (arm length distance), no hitting or grabbing ball out opponents hands, no kicking of the ball and no diving on a ball.</p> <p>Learning about finding open spaces away from the defender.</p> <p>Describing how to make it difficult for the opponent.</p> <p>Learning about smart defending. Balls & Beanbags Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball</p>	<p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up 'traffic lights' Reproducing and applying the safety rules learned.</p> <p>Learning and improving running, walking, starting stopping, hopping and skipping skills.</p> <p>Repeat and improve large ball handling skills (rolling, bowling & bouncing) in different positions (sitting, standing, squat down) Practice this individually and in couples/ small groups.</p> <p>Basket ball Giant skittles Balls & Beanbags Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but</p>	<p>SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up 'video game'(Stop, pause, left, right, up, down) Learning about the effects of exercise.</p> <p>Learning & repeating the importance of a warming up Repeat running, starting and stopping and learning to change direction through tag games.</p> <p>Learning how to tag and familiarizing themselves with the rules in each tag game. Dribbling (bouncing): Develop and improve continual bouncing using both left and right hand while moving. Improve technique through relay type activities or skill stations. Balls & Beanbags Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. 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Develop correct methods of kicking with control. Kicking the ball using different parts of foot.</p> <p>Begin to aim at a target Practice taking pace of the ball.</p> <p>Practice passing and receiving. (placement of feet, actual passing of the ball, stopping the ball is important).</p> <p>Develop technique through mini (3 or 4 a side games) Balls & Beanbags Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once</p>	<p>in the playground Play rounder's on the school field SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p> <p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p>Using IT: Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up 'traffic lights' Repeat running, starting and stopping and learning to change direction through tag games. Describing the effects of exercise. Exploring throwing, catching, rolling, bouncing fielding and striking skills with soft tennis balls. Individually, in couples and in group activities. Short Tennis, Quick cricket , rounder's or any other type of fielding and batting game Balls & Beanbags Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold.</p>
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<p>Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>
Week 11	Week 12	Week 13	Week 14	Notes...
<p>Objective: Games – To use large hoops in various ways Success Criteria: Support: I can roll the hoop in any direction Core: I can pass the hoop to a partner using different techniques. Extension: I can create a game using the hoops LOtC: Use the playground for hoop activities. SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being</p>	<p>Objective: Games – To use small & large jump rope in various ways Success Criteria: Support: I can swing rope consistently Core: I can jump or turn a small rope multiple times Extension: I can jump in to a large swinging rope LOtC: Use school field for jump rope activities SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p>	<p>Objective: Games – To play learned games using previously learned techniques. Success Criteria: Support: I can take part in a team game Core: I can choose a previously learned game Extension: I can organise a team game LOtC: Use school field, playground, mugga for team games and activities. SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p>	<p>Objective: Games – To play learned games using previously learned techniques. Success Criteria: Support: I can take part in a team game Core: To choose a previously learned game Extension: I can organise a team game LOtC: Use school field, playground, mugga for team games and activities. SMSC Reflection, team & group work, Independent working on their own, Sense of enjoyment & fascination in learning about themselves, others & the world around them.</p> <p>Cooperating well with others and being able to resolve conflicts effectively.</p>	<p>Suggested home learning: Go to see a team sport being played. Skipping and ball activities.</p>



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Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? Help children to feel the resistance but keep hold. Back in a circle again, can everyone hold on at the same time? Try up and down and side to side movements all together. Pushing or rolling ball across a table Use table top cricket sides to make a channel Work in pairs Carrying beanbags across the room to put in large metal bin. Try threading a quoit on a piece of rope,</p>	<p>Willingness to participate in & respond to artistic, musical, sporting & cultural opportunities.</p> <p>Respect for the environment, respect for each other.</p> <p><u>Using IT:</u> Use of iPad Mini to record assessment via classroom monitor/ still photo & video. Stop watches. Learning about different ways to carry and throw a beanbag safely.</p> <p>Suggested Activities: Warm up 'traffic lights'</p> <p>Learning about the safety rules when using a jump rope. Learning various ways of jumping gradually building up in difficulty. Learning how to move the rope on the floor. Learning how to swing the rope consistently. Learning the jumping techniques (1-1, 2-1, 1-2) Learning to hold the rope correctly to be able to turn it. Start Large rope activities / technique. (turning of the rope is important) Develop through competition.</p> <p><u>Balls & Beanbags</u> Pass a football around the circle Encourage use of 2 hands, reaching towards the ball and control Get 2 balls going at once Encourage looking towards the ball Send the balls in the opposite direction. Use big balls and sit children in pairs opposite each other and encourage passing. Use the lycra band and do pulling Put it round the back of a seated adult How far can they pull back? 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Medium Term Plan – Key Stage 3 - Books & Authors

Year 7 and 8

	<p>attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>put in large metal bin. Try threading a quoit on a piece of rope, attaching each end across the room and children “take” it from one side to the other. Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	<p>Airflow balls on string</p> <p>Victorian Era games – football, cricket, tennis, touch rugby, hoop & stick, croquet, golf (pitch & putt).</p>	
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