



Churchill Park School

Medium Term Plan – Key Stage 4 - Books and Authors

	Week 1	Week 2	Week 3	Week 4	Week 5
PE	<p>Objective: To introduce sprint techniques & starts.</p> <p>Success Criteria: Support: I can run 50 m Core: I can run 100m Extension: I can run 200m LOtC: Running can take place on the field if weather is good. SMSC: Recognising the worth and achievement of others. Using IT: iPads used to record times. Suggested Activities:</p> <ul style="list-style-type: none"> Demonstrate sprint starts. Introduce drills to improve technique: high knees, skipping with lower leg extension, seat kicks, arm action. Sprint start – arm & leg positions. Short sprints concentrating on one aspect at a time – head, leg and arm actions. Increase length of sprints up to 100m. Timed 100 + 200m. All times recorded with other opportunities to improve personal bests 	<p>Objective: To introduce javelin techniques.</p> <p>Success Criteria: Support: I can throw a javelin Core: I can throw a javelin Extension: I can throw a javelin and measure the distance. LOtC: Can be demonstrated and practiced on the field weather permitting. SMSC: Working together in groups and teams. Using IT: Watch a demonstration on how to throw a javlin. Suggested Activities:</p> <ul style="list-style-type: none"> Throwing action discussed and practiced with tennis balls. Move on to indoor javelins. Move on to javelins after grip has been taught. Use the sprint straight as throw line. Working in pairs. SAFETY IS PARAMOUNT. Throw individually on teacher's command. Concentrate on good throwing arc, set out cones for targets. If competent move on to 5 pace run up. Measure and record 	<p>Objective: To introduce the discus.</p> <p>Success Criteria: Support: I can throw a discus Core: I can throw a discus. Extension: I can throw a discus and turn correctly LOtC: Can be demonstrated and practiced on the field weather permitting. SMSC Working together in groups and teams. Using IT: Watch a demonstration on how to throw a discus. Suggested Activities:</p> <ul style="list-style-type: none"> Demo of throwing action. Rolling discus in pairs showing that the same action but in a different plane is needed. Use coytes or cones to begin. Demo on applying spin. Rolling discus in 3's using index finger for control. Practice again in 3's with cones then heavier (if available) discus. Emphasise releasing the discus flat and with spin initiated by index finger. Measure and record. 	<p>Objective: To learn the shot-put technique from standing throw to glide.</p> <p>Success Criteria: Support: I can throw a shot-put Core: I can throw a shot-put Extension: I can throw a shot-put from standing throw to glide. LOtC: Can be demonstrated and practiced on the field weather permitting. SMSC Recognising the worth and achievement of others. Using IT: Watch a demonstration on how to throw a shot-put. Suggested Activities:</p> <ul style="list-style-type: none"> Warm-up with tennis balls. Pupils to be taught the glide technique in twos. Majority of techniques are learnt without the aide of the shot. 	<p>Objective: To improve relay techniques</p> <p>Success Criteria: Support: I can take part in a relay Core: I can take part in a relay race. Extension: I can pass a baton successfully. LOtC: Can be demonstrated and practiced on the field weather permitting. SMSC Recognising the worth and achievement of others. Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Short introduction in the relay principle. Work on change overs in teams. Pass "down" or "up" – which is best? After each heat discuss progress. Simple use of check marks and no looking back once you are moving.
	Week 6	Week 7	Week 8	Week 9	Week 10
	<p>Objective: To be able to control the ball by dribbling and using a stick.</p> <p>Success Criteria: Support: I can dribble a ball using a hockey stick Core: I can dribble a large ball using an hockey stick Extension: I can dribble a puck using a hockey stick. LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Demonstrate how to have a low body position keeping the stick in contact with the ball for as long as possible Teach how to follow through to target, pass must travel towards another member of their team <p>https://www.sportplan.net/drills/Hockey/Warm-up-Games/Follow-the-leader-hockey0035.jsp Follow the leader</p>	<p>Objective: To pass to the right and left whilst travelling.</p> <p>Success Criteria: Support: I can pass the ball from right to left whilst static Core: I can pass the ball from right to left whilst walking Extension: I can pass the ball from right to left whilst jogging LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Demonstrate how to travel with the ball using the front stick and the reverse stick. Link- Farmers and Foxes 	<p>Objective: To pass the ball whilst travelling up the court and to shoot with speed from appropriate positions.</p> <p>Success Criteria: Support: I can continue moving as I shoot into a goal Core: I can work with a partner and pass the ball. I can shoot the ball into a goal. Extension: I can work with a partner and pass the ball. I can shoot the ball (puck) into a goal. LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Use only the flat side of the stick Passing to a partner Teach about fouls and when a free hit is awarded. Teach about safety and what dangerous play looks like. Link-mirror Two Balls 	<p>Objective: To use tackling to take possession of the ball</p> <p>Success Criteria: Support: I can tackle from a stationary position Core: I can a tackle using the correct technique (block tackle) Extension: I can take possession of the ball by tackling LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Demonstrate low body position keeping the stick close to the ground, Try winning the ball from an opponent Link-pass and receive 	<p>Objective: To refine passing and shooting skills.</p> <p>Success Criteria: Support: I can refine my dribbling and passing skills working with a partner Core: I can work with a team and pass, dribble and shoot Extension: I can work with a team and practice passing, dribbling, shooting and tackling LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> Practice target shooting Link- Pass and score



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	Week 11				Suggested Home Learning
	<p>Objective:</p> <p>Success Criteria:</p> <p>Support: I can participate in a game of hockey</p> <p>Core: I can play as part of a team</p> <p>Extension: I can show good sportsmanship during the games</p> <p>LOtC:</p> <p>SMSC</p> <p>Using IT:</p> <p>Suggested Activities:</p> <ul style="list-style-type: none">• Play a game of hockey• Link-warm up circuit.				<ul style="list-style-type: none">- Go to a local team sport match and observe- Watch team sport matches on TV