



CITY IN THE COMMUNITY

Short Term Plan

- DRA Completed
- Teacher Present

This template aims to support teachers to plan PE lessons which focus on targeted areas of work highlighted and prioritised in the medium term plan.

School: St Wilfrids

Teacher name: Teacher Name:

Class: Class

| What progress have my pupils made against the medium term plan? | What activity will my pupils do when they arrive? |
|--|--|
| <p><i>CONSIDERATIONS FOR COACH; Did I achieve the outcomes of the MTP? - What went well?</i></p> <p>To develop good balancing techniques using different muscles as an individual and in pairs</p> | <p><i>PEP TALK: Re-cap - what did we learn last week? How did we do this? Today we will be working on (share the BBL's below) PL Values – how can we demonstrate our value in today's lesson?</i></p> <p>Write here...</p> |

Building blocks of learning - What skills will I help my pupils develop

| Thinking skills | Social & emotional skills | Physical skills |
|---|---|---|
| <p>How long can I hold this balance for?</p> <p>How can I support my friend to succeed?</p> | <p>Resilience & perseverance</p> <p>Internal motivation</p> <p>Self and peer assessment</p> | <p>Balance & coordination</p> <p>Limb coordination</p> <p>Controlling of weight and weight transfer</p> <p>Building strength within muscles</p> |

What did I learn about...

CONSIDERATIONS FOR COACH; What could I change for next time to improve the sessions further? - How will I do this?

| the pupils? | teaching PE? |
|---------------|---------------|
| Write here... | Write here... |

Activity Design

Arrival activity

ACTIVATION

Organisation

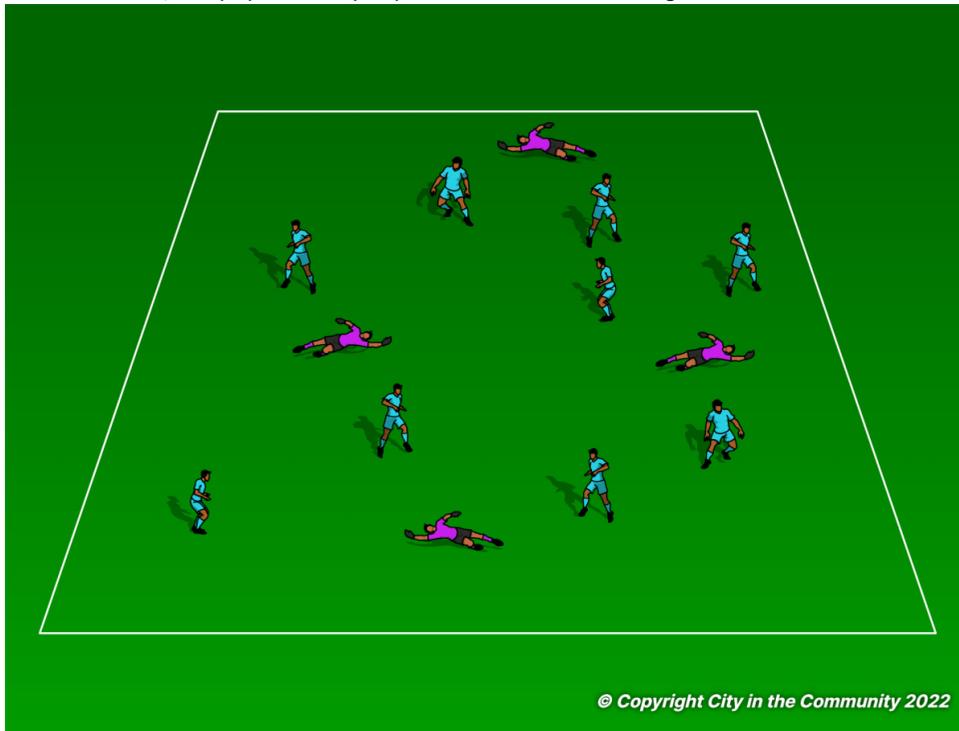
- Plank tag
- A game of tag but if you get tagged you have to hold a plank balance until somebody releases you
- A pupil can release you by crawling underneath your planks
- Demonstrate skills learnt from the previous week

Regression

- You can be released after holding the plank for 5 seconds, instead of having them holding it for a while

Progression

- Now only allowed to balance on the limbs that hasn't been tagged e.g. if they get tagged on the arm, they can use one arm and two legs to balance on.
- To be released, the pupil has to jump over them rather than go underneath them



Main activity

TECHNICAL PRACTICE

Organisation

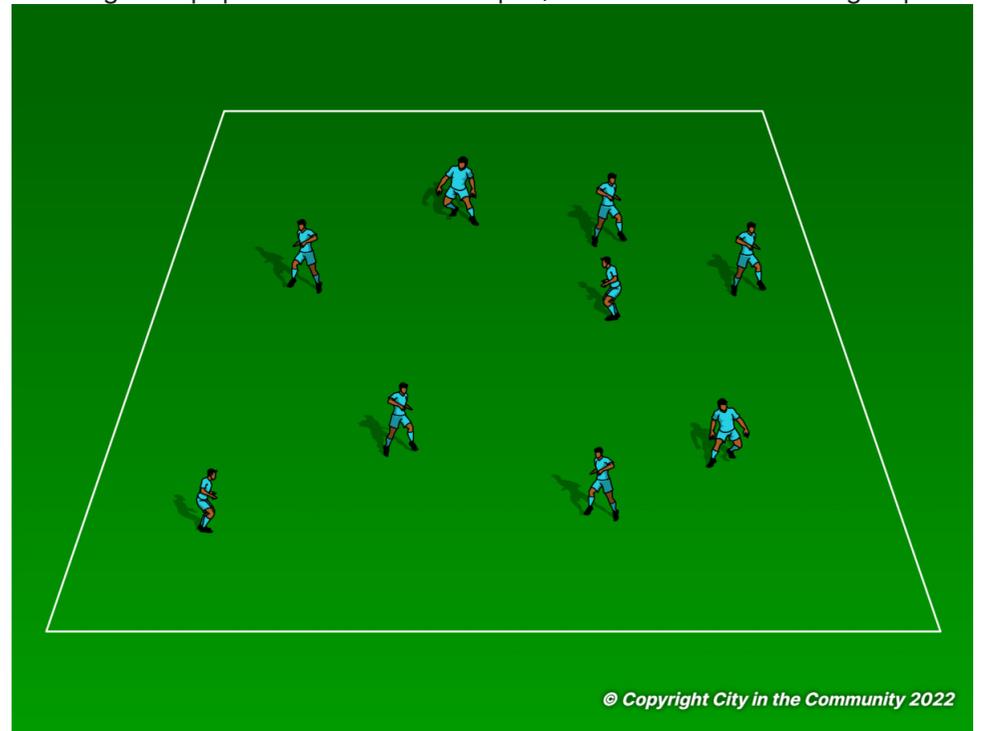
- Practicing different shapes and balances, using different limbs in coordination with each other to hold shapes
- Coach will call out a number or limbs to balance on and the pupils have to come up with a shape that demonstrates this e.g. right arm and left leg
- Use mats if you feel this would be better for the pupils

Regression

- Keep to basic shapes, be mindful of how long they will be able to hold the balances for

Progression

- Challenge the pupils to hold the balances for longer
- Challenge the pupils to call out the shapes/limbs to the rest of the group



Activity Design continued:

Write here...

GAME PRACTICE

Organisation

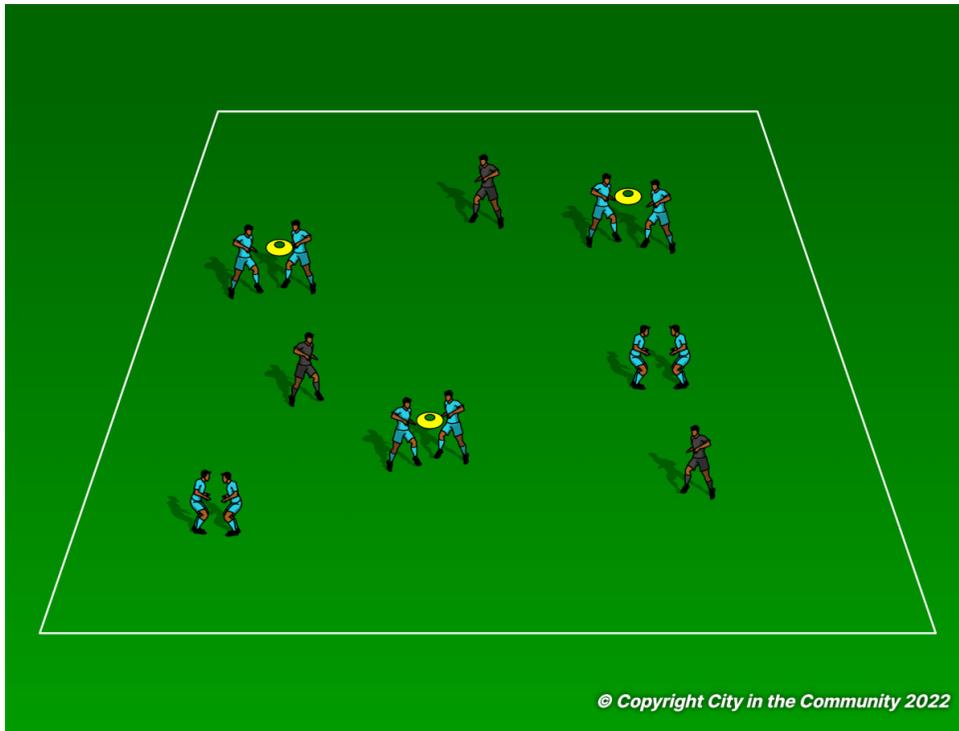
- Partner tag game
- Pupils will be placed in pairs and moving around with whilst holding a bib between them
- If tagged they have to hold a balance together as a pair for 5 seconds without falling over
- If they can do this they can join back in the game

Regression

- Reduce the time spent holding the balance

Progression

- Challenge the pupils not to hold the same balance more than once



Write here...

Notes...