

BALANCE BEAM

Lesson Objectives

To introduce a measurable balance activity as a foundation for all balance and stability moves.

To refine and control movement and balances

Activity/Tasks

Children practice balancing on different body parts e.g. slow Leapfrogs, Statue Strides (freeze with each landing), Statue Tig Try balancing for given periods of time (count of 6–8) on different body parts Move on to passing ball while standing on one leg. Can they make 10 passes each standing on 1 leg. Children see how long they can balance on balance beam for.

Success Criteria/Outcomes

able to perform line/beam tasks with consistency ~ progressing to ability to balance with slow arm and body moves ~ progressing to an ability to switch arms or legs quickly and 'fix' pose

Key Teaching Points

Focus is outwards and forwards (not down or around) Stability is achieved with hip and torso control outwards to legs and arms...

Only the working muscles need to be used – relax !

Adjust lower legs and feet to stabilise

Inclusion/Extension Tasks

Introduce use of medicine ball alongside activities.

Relays [eg Long Stride (behind back), Ski Slalom (held out front...)]

Warm Up

8–10 minutes of continuous activity with an extra emphasis on slow-motion, stop-start or change of speed.

Cool Down

5–8 slow or held moves, perhaps with extra Stretches including twist and rotation of upper body

Safety

Situation: use non-interference zone

Activity:

Facility: dry, non-slip, clear zone around

Equipment: stable footwear, beam and mat in good order

Equipment

Basic - Balance Beam, stopwatch

Advanced – Footballs/Medicine balls, gym lines, team colours

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

fundamental to many sports and movements ~ eg. stop-start in soccer, basketball, landings in gymnastics, dance...[also a key to lower back and leg injury prevention]

STANDING LONG JUMP

Lesson Objectives

incorporate a measurable two-legged jump and landing as a foundation for all jumps and leaps

Activity/Tasks

Work in pairs jumping and marking to see how far individuals can jump
Relays – two-footed jumps, jumping with football between knees, etc.
See how far children can jump with 3–5
5–8 activities (eg reach-for-sky, speed leaps, ski slalom, arms behind back, low ceiling, two-hand baton carry...
1–3 activities (eg two-arm chest pass with 1kg m-ball, leaps with ball between knees in 5–10m relay)

Success Criteria/Outcomes

FROM effective jumping technique ~
TO improved jumping & landing fitness ~ TO enhanced sport fitness and ability

Key Teaching Points

stable start and landing position
uses 'half-squat' (start & landing) for safety and optimal resiliency
arms assist takeoff and landing actions
emphasise 'whole-body' involvement

Inclusion/Extension Tasks

- 1) Reinforce with various two-legged jumps (eg height)
- 2) Expand with variable arm and leg positions/actions (eg hold m-ball)

Warm Up

8–10min. continuous structured movement around the gym - emphasise leg & arm mobility, also hi-lo body positions

Cool Down

structured 5–8 easy moves or stretches with focus on hips, thighs and lower legs, compliment with shoulder moves and light spinal twists

Safety

Situation – walk-free zone around
Activity – use 'half-squat' landing
Facility – no-slip floor and mat
Equipment – cushioned landing/shoes

Equipment

Long Jump mat
[Relay batons, 1 kg m-ball]

NC Links

Key Stage 2 PE - 10 a,b,c

Other Links

basketball rebounds, volleyball block, swim start, gymnastic landings, racquet sport 'ready position'...

SPEED BOUNCE

Lesson Objectives

introduce a measurable footwork agility movement as part of lower leg stability and co-ordination

Activity/Tasks

Partner work - Alternate 20sec burst of jumping side to side over line, rope or speed bounce mat. Count bounces then repeat after rest to improve on PB.

Extend to two-foot jumps on and off benches

Team relays - To cones and return either hopping, two-foot jump together, wide feet, jumping across line/rope.

Can be linked with skipping rope activities

Warm Up

8–10 minutes of continuous activity with full body involvement - add light cross-step and side shuffle jogging

Cool Down

5–10 minutes of easy stretches with an emphasis on lower legs and hips.

Safety

Situation- remain in middle of mat
Activity-feet slightly apart=stability
Facility-non-slip, flat surface, area clear

Success Criteria/Outcomes

FROM 'automatic' sense of agility and accuracy ~ TO related right-left stability and speed ~ TO multi-directional and sport-related agility

Equipment

Basic - Speed Bounce Mat, Stopwatch
Advanced - gymnasium lines, basketball/football, cones, skipping ropes

Key Teaching Points

Movements are light, 'snappy'
Body stays at one height
Arms balance, stabilise

NC Links

Key Stage 2 PE – 10 a,b,c

Inclusion/Extension Tasks

Reinforce with other two-legged skipping & slalom activities
Extend with direction shifts, hopping, ball-carrying, tempo changes etc

Other Links

All running, jumping activities...soccer and basketball direction changes, racquet sport ground reactions...dance, gymnastics

TARGET THROW

Lesson Objectives

introduce a measurable throwing accuracy activity as part of all throwing-passing activities moves.

Activity/Tasks

Partner Work – basic throwing/catching drills emphasising accuracy of throw with bean bags/tennis balls. Alternate throwing beanbags/tennis balls at targets either moving or stationary
 Team Relays – Add throwing beanbags into hoops as part of relay. Throwing tennis balls to hit target (cricket stumps/cones).
 [OPTIONAL COMPLIMENT]: Use sport specific accuracy drills – e.g. bowling & throwing within cricket, basketball/netball shooting etc.

Success Criteria/Outcomes

FROM consistent throwing patterns ~
 TO effective throwing, catching and ball handling ~ TO enhanced sport and game consistency

Key Teaching Points

Focus is on accuracy rather than power/speed
 Throws are rhythmical and relaxed

Inclusion/Extension Tasks

reinforce with other accuracy throws/bowling
 - extend with ball handling/dribbling, catching drills, moving target games

Warm Up

8–10 minutes of continuous activity with an extra emphasis on arm swinging and lateral shuffles

Cool Down

choose 5–8 easy or held moves with an emphasis on the arms and shoulders

Safety

Situation: use non-interference zone
 Activity: relaxed – no rushing/ pushing
 Facility: dry, non-slip, clear zone around
 Equipment: hoops, bags in good order

Equipment

Bean bags, target hoops, measuring strip
 1 kg Medicine Balls, basketballs, weighted shots etc

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

fundamental to many sports and movements ~ racquet sports, basketball passing-shooting, soccer passes, hockey passing-shooting etc

HI-STEPPER

Lesson Objectives

To introduce and reinforce a rhythmical stride pattern related to acceleration and sprint speed.

Activity/Tasks

Partner work – one counts other stepping up and over bench and then alternate. Try to improve personal best within 30 secs.

Team relays – Short sprint relays from a variety of starting positions – lying on front/back, seated etc.

Alternate emphasis when sprinting e.g. high knees, arms behind head
Use cones to weave in and out when running.

Use SAQ ladders if available alongside high stepper mats for “quick feet” activities.

Success Criteria/Outcomes

FROM consistent footwork agility and judgment ~ TO enhanced speed and quickness ~ TO improved sport and game agility

Key Teaching Points

Forward focus, quick rhythm
Hips control rhythm
Arms balance posture and moves

Inclusion/Extension Tasks

Reinforce with marching, striding patterns (warm-up)
Extend with variable rhythms, complex patterns, stop-start games and pursuits

Warm Up

5–10 minutes of continuous movement with good range of motion, add in some high knee jogging and striding

Cool Down

5–8 minutes easy or held moves with extra emphasis on thighs and hips, and shoulders

Safety

Situation - allow rest between activities

Activity – part of multi-event challenge

Facility – non-slip, flat floor, open area

Equipment – non-slip, supportive shoes

Equipment

Basic - Hi Stepper Mats, cones, stopwatch

Advanced - Plastic hurdles, relay batons, SAQ ladders

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

benefits to all sports using direction change or acceleration – soccer, basketball, racquet sports

CHEST PUSH

Lesson Objectives

to :introduce a measurable throw as a foundation for other throwing and catching activities

Activity/Tasks

Partner – Chest push ball between each other. Race to 20 catches or most catches in a minute. Extend distance between partners.

Team relays – Chest push ball along line and return in race.
Individual throwing for distance with partners retrieving balls – alternate throws.

Variations:

Straddle stance, one-legged balanced throw, seated throw

Success Criteria/Outcomes

forward-upward throw using 'whole body': to consistent throws from a variety of launch positions: to sport-specific/ complex throws

Key Teaching Points

Whole body involved in the throw
Arms finish action 'Fast & Last'
Elbows high
Stable leg position
Shift-lift with the legs
Throw in line with legs-body placement

Inclusion/Extension Tasks

reinforce with different seated positions (seated, lunge, feet together) Extend with twists, one-step throws, height throws

Warm Up

8–10 minutes of continuous activity with an extra emphasis on long strides, jumps for height and half-squat leaps or jumps

Cool Down

5–8 easy or held movements with extra emphasis on hips and upper body twists, reaches and extensions

Safety

Situation: Pupils throw into no-walk zone

Activity: ball retrieval after landings
Facility: dry, non-slip, clear throwing zone

Equipment: stable footwear

Equipment

Basic – Footballs/Netballs

Advanced - Medicine Ball , measuring strip

Bean bags, basketball, soccer ball, weighted shots

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

all throwing activities, also links to jumping ability and sprint power... basketball, soccer, volleyball, rugby, racquet sports.

VERTICAL JUMP

Lesson Objectives

introduce a measurable jump activity as a foundation for jumps, sprint power and general fitness.

Activity/Tasks

Team relays – Add two-footed vertical jumps in to team relays e.g. over bench, hurdles. two-footed jumping/sack races etc.

Partner – Use chalk markings on wall or V-jump board to record personal bests and improve jumping height. Use crash mats if available to break fall after jumping over hurdles.

Optional Extra: Practice jumping first with medicine balls/footballs then without.

Warm Up

8–10 minutes of continuous activity with an extra emphasis on footwork, long strides and lateral shuffle activities

Cool Down

5–8 easy or held moves with an emphasis on legs, hips and lower back

Success Criteria/Outcomes

FROM a consistent vertical leap ~ TO acquired leaping ability from both static and moving positions ~ TO enhanced sport-specific consistency

Safety

Situation: use non-interference zone

Activity: relaxed – no rushing

Facility: dry, non-slip, clear zone around

Equipment: stable footwear, datum is fixed

Key Teaching Points

Focus on explosive body action
‘reach for the sky’
start from a balanced pose
arm actions are quick, ‘snappy’

Equipment

Vertical Jump board, chalk, towel
1 kg Medicine Ball, gym lines, team colours, other jumping mats

Inclusion/Extension Tasks

use throws and catching games or relays for ‘active rest’

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

foundation for jumps, sprinting power and mobility – as with soccer fitness, basketball dynamics, racquet sport positioning, etc

SHUTTLE RUN

Lesson Objectives

introduce tempo running and stop-start moves as a fundamental component of sport development

Activity/Tasks

Team Relays – Sprinting to and from cones passing relay baton to team mates on return.
Use a variety of different start positions e.g. seated start, one-legged balance start, pushup start, Introduce variations on the sprint e.g. weaving between cones, 5 ceiling leaps/star jumps at turnarounds, carrying ball behind back, arms behind head etc.
reinforce with obstacle course relays

Success Criteria/Outcomes

FROM specific fitness and footwork effectiveness ~ TO tempo and endurance fitness enhancement ~ TO sports specific fitness improvement

Key Teaching Points

Starts and turnarounds are reactive or 'automatic'
Runner always accelerating or decelerating (no cruise mode)
Arms keep moving, directing
Turns are controlled and quick
'tall' body extends with leg drive
Full leg-hip extension with each stride

Inclusion/Extension Tasks

Reinforce with different tasks at turnarounds e.g. speed bounce, ball throw.
Introduce more obstacles within sprinting e.g. hurdles, 1 ball throw.

Warm Up

8–10 minutes of continuous activity around the gym or in relays with full body involvement. Add or emphasise high knee marching and slow-fast speed changes

Cool Down

5–8 easy movements or stretches with extra emphasis on lower legs and hips

Safety

Situation – 5m zone at turnarounds
Activity – focus ahead to turns
Facility – non-slip, obstacle free, dry
Equipment – stable shoes

Equipment

Basic - Cones, stopwatch,
Advanced - relay batons, whistle, 1kg medicine ball, bean bags, plastic hurdles

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

strong links to soccer drills, basketball fitness, rugby, and racquet sports because of stop-start and acceleration components – key fitness activity for all

SOFT JAVELIN

Lesson Objectives

introduce a measurable overhead throw as a foundation for throwing development and related activities.

Activity/Tasks

Partner work – Practice throwing balls/soft javelins. Partners retrieve altogether then throw simultaneously with others.

Use a variety of different throws e.g. two-hand overhead, two-hand R/L shoulder, walk to line throwing, 1-legged balance throws, throw from a lunge/stride.

Team/relays - incorporate passing round teams or running round marked area before/after throw.

use throw to start a sprint shuttle from stride, lunge or one-leg balance.

Success Criteria/Outcomes

FROM consistent and effective throw
~ TO effective use of different launch positions
~ TO enhanced sport-specific throws

Key Teaching Points

'ground up' body sequence
Arms 'fast and last'
legs 'pull' javelin forwards
all motions forwards over the front foot/ leg

Inclusion/Extension Tasks

Reinforce with other two-legged skipping & slalom activities
Extend with direction shifts, hopping, ball-carrying, tempo changes etc

Warm Up

8–10 minutes of continuous activity with an extra emphasis on lunge-walking, arm swings, and fancy footwork

Cool Down

5–8 easy or held moves with an emphasis on hips, legs and torso

Safety

Situation: retrieve after landings

Activity: throw into no-walk zone

Facility: dry, non-slip launch zone

Equipment: stable footwear, javelins in good repair

Equipment

Basic - Soft Javelin, measuring strips, variety of balls

Advanced - Medicine Ball, gym lines, sponge balls, weighted shots

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

fundamental to overhead throwing mobility – eg, baseball, basketball, volleyball, racquet sports etc.

STANDING TRIPLE JUMP

Lesson Objectives

introduce a measurable right-left jumping activity as a foundation for jumping and running ability and fitness

Activity/Tasks

Team relays – use hopping/skipping as a starting point moving on to different combinations of left/right and two-footed jumps within relay. Paired work triple jumping measuring best jumps and beating 'personal bests'. Use above drills as part of a 'circuit'. As an extension, carry out jumps while carrying medicine balls/footballs.

Success Criteria/Outcomes

FROM a consistent 1:1:1 landing rhythm ~ TO jumping fitness and variety jumps abilities ~ TO progressive complex jumps and sport related consistency

Key Teaching Points

Jumps are outwards-forwards
Arms both assist and balance
Landings are resilient & powerful
Landings are under the hips (from front or back view landings are centred under the body)

Inclusion/Extension Tasks

use throws and catching games or relays for 'active rest'. Use sprint scrambles and pursuits to reinforce.

Warm Up

8–10 minutes of whole-body activity with easy arm and leg movements and some footwork drills added

Cool Down

5–8 easy or held moves with extra emphasis on hips, legs, lower back, lower legs

Safety

Situation: separate from other jumps
Activity: max 3 efforts per test round
Facility: non-slip, even surface
Equipment: cushioned landings, stable footwear

Equipment

Triple jump mat, cones, Medicine/footballs, batons, hula hoops, plastic hurdles

NC Links

Key Stage 2 PE – 10 a,b,c

Other Links

foundation for jumps, sprinting power and mobility – as with soccer fitness, basketball dynamics, racquet sport positioning, etc