

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS1 Year A– Skittle Bowl

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will know how to throw underarm.
- Pupils will be able to work with others and take turns.
- Pupils will be able to strike a ball with their foot for power.
- Will be able to roll a ball with some accuracy.
- Receive a ball moving swiftly into the right position.

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

Skittle Bowl

- To know how to aim and roll a ball with some accuracy at a target.
- To know how to work well with others and communicate effectively.
- To negotiate space successfully.
- To know how to keep a low stance to help with your balance and how to use arms to help improve balance
- To know how to set up, play the game of skittle bowls fairly and score a game successfully.

Key Vocabulary

Roll, throw, target, forward, big, small, little, hard, soft, bowling, add, rolling, throwing, hand eye coordination, targeting.

Session 1 – To be able to throw a ball accurately at a target. To be able to work well with others in pairs and groups. To be able to throw a ball using underarm throw with some accuracy.

- To know how to throw a ball with some accuracy at a target.
- To know how to have control over an object and to know how to work well with others.
- To know how to throw underarm accurately and to know how to stand when throwing.
- To know why it is important to be able to roll with both my left and right hand.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have on the pupil's skittle bowl performance.

Vocabulary – Roll, throw, target, forward, big, small, little, hard, soft, bowling, add, rolling, throwing, hand eye coordination, targeting.

Session 2 – To be able to send a ball accurately, work with others and be able to take turns.

- To know how to send a ball with a degree of accuracy.
- To know how to catch and throw a ball showing some control.
- To know how to work well with others and communicate effectively.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating you need to be drinking fluids to replace the fluids you lose when you sweat.

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Session 3 – To be able to practice sending an object to hit a variety of different targets.

- To know to keep eyes, on the target always.
- To know how to use arms to help improve balance.
- To know how to negotiate space successfully.
- To know how to strike a ball at a target using any piece of equipment.
- To know how to strike the ball with some degree of accuracy and force.

Healthy Participation – To discuss the benefits of completing a thorough warm up. It helps to loosen the joints, increases blood supply to the muscles and engages the brain with the body.

Vocabulary – Roll, throw, target, forward, big, small, little, hard, soft, bowling, add, rolling, throwing, hand eye coordination, targeting.

Session 4 – To be able to practice aim and improve accuracy of the object as it moves toward targets that are different distances away.

- To know how to keep the ball gripped in your fingers.
- To know how to keep a low stance to help with your balance.
- To know how to roll with some degree of accuracy.

Healthy Participation – To understand the type of fitness components that skittle bowl players need to perform at a high level.

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Session 5 – Pupils must be able to learn about and practice sending an object to knock down a variety of target.

- To know how to roll a ball towards a set target with the aim of knocking down as many skittles as possible.
- To understand how to play a basic game of skittle bowl.
- To know the rules of skittle bowl, how you win and how it is scored.
- To know how to play fairly and take it in turns.
- To know that the number of skittles knocked over equals one point for each.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

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Session 6 – To be able to set up, score and play a game of skittle bowls. To be able to practice sending an object toward a target to accumulate the most points.

- To know how to set up, play the game of skittle bowls and score a game successfully.
- To know skittles are placed four metres from the delivery line.
- To know that players toss a coin to determine who goes first and players take it in turn to play.
- To know how to roll a ball at a target.

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- To know how to work with a friend or group and encourage them to roll better.
- To know that you must keep eyes on the target.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Roll, throw, target, forward, big, small, little, hard, soft, bowling, add, rolling, throwing, hand eye coordination, targeting.

Future learning this content supports:

This unit will support future subjects in LKS2. Pupils will develop the skills such as sending an object towards a target with some aim and accuracy which will help with other topics within PE. Pupils will have the ability to develop movement skills, movement strategies and movement concepts.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).