

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### Subject: UKS2 Year A– Crown Green Bowl

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

#### **POS aims from NC:**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

compare their performances with previous ones and demonstrate improvement to achieve their personal be.

#### **Prior Learning (what pupils already know and can do)**

- Pupils will be able to throw a ball under arm with both hands.
- Pupils will be able to aim at a target with some accuracy.
- Will be able to kick a ball with some accuracy.
- Pupils will be able to strike a ball with a racket or bat and hit a target still and moving.
- Pupils will be able to roll using both hands.

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

##### **Crown Green Bowl**

- To know how to hold the boule; practise using all three techniques.
- To know how to throw the boule with aim and to keep balance through the delivery.
- To successfully set up a game of boules, understand the rules and know how to score

#### **Key Vocabulary**

distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

#### **Session 1 – To be able to use the correct grip and effectively ensure that the bowl is released correctly.**

- To know how to hold the bowl practicing using all three techniques.
- To know how to hold by cradling, holding with little thumb or little finger along the side or using the “claw” grip.
- To know how to throw the bowl making sure it leaves the hand correctly.

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 – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

#### **Session 2 – To be able use the correct stance to perfect the best possible bowl.**

- To know how to keep balancing through the delivery.
- To know how to stand in the correct stance.
- To know to not overextend the lead long (the left if you are right-handed) to lose balance.
- To know how the lead leg is on the opposite side to the bowling arm.

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Healthy Participation – Discuss the benefits of playing boules can improve fitness, coordination and skill development.

Vocabulary – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

### **Session 3 – To understand to aim, release and follow through using the correct bowling technique.**

- To know where to look when you are aiming with the bowl.
- To know to not let the bowl bounce when released.
- To know to release the bowl smoothly to reduce the “wobble”.
- To know after release always follow your arm through towards the target (delivery line) to improve accuracy and balance.

Healthy Participation – To discuss the benefits of boules of our confidence and can help to increase our self-esteem.

Vocabulary – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

### **Session 4 – To be able to correctly set up a game of bowls in small groups.**

- To know how to successful set up a game of bowls.
- To know and understand the rules of boules that each player has three bowls each.
- To know how to take it in turns to roll the bowls, from the foot mat, and try to roll them through the “goal posts”.

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.

Vocabulary – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

### **Session 5 – To be able to score a game of bowls in small groups.**

- To know how to score a game of bowls.
- To know that players must award each other three points for scoring in between the centre and the cones.
- To know that one point is awarded for being between the outside cones.

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 – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

### **Session 6 – To be able to take a tactical shot to successful beat opponents.**

- To know how to get close to a target from a longer distance.
- To know how to use direction and the weight of the bowl to control the shot.
- To know how to score a point in bowls and how to score more than one point.

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

Vocabulary – Agility, balance, control, coordination, teamwork, distance, score, points, direction, centre, close, target, wobble, bowling arm, shot, score, technique, claw grip.

Future learning this content supports:

This unit will support future subjects. 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).