

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year B– Softball

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 know how to throw and catch a ball.
- Pupils know how to throw accurately overarm.
- Pupils know how to hold and grip a bat correctly.
- Pupils know how to strike the ball well.
- Pupils have a basic understanding of competitive game play.

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

- To know how to demonstrate throwing and catching techniques.
- To know how to perform a range of fielding techniques confidently, making sure to find space
- To know how to play modified games of softball and implement some rules into the game
- To know how to bowl using an under-arm throw with some accuracy and to use the correct grip when batting.
- To know how to apply teamwork, sportsmanship, and attitude to game situations.

Key Vocabulary

Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, foul, grip, hand-eye coordination, innings, strike, pitcher, stance.

Session 1 – **To be able to demonstrate some skills of batting, bowling, and fielding.**

- To know how to demonstrate throwing and catching techniques.
- To know how to catch the ball and throw it to another player or target.
- To know how to catch consistently and effectively under pressure.
- To know how to bowl on target.
- To know how to perform a range of fielding techniques confidently.

Healthy Participation – To Highlight the fitness needed when playing softball and the necessary components of fitness needed. i.e., coordination, reaction time and agility.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Session 2 – **To be able to have some understanding when each skill should be used in modified games of softball.**

- To know how to play modified games of softball.
- To know how to bowl using an under-arm throw.
- To know how to bowl with some accuracy.

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- To know how to identify what makes a good bowl and recognise the success of others.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Session 3 – To start to perform the skills in a mini softball game demonstrating some of the rules of the game.

- To know how to implements some rules into the game.
- To know how to use the correct grip when batting.
- To know how to use tactical awareness when batting and fielding.
- To know how to find space when fielding.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Session 4 – To be able to understand and adapt some of the different positions in softball.

- To know how to successfully set up a game of softball.
- To know how to work with and against others cooperatively.
- To understand some positions in baseball.
- To know how to pick up and field a ball consistently.

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 when playing softball.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Session 5 – To be able to start to have some understanding how to score and umpire.

- To know how to make decisions as a team and work well with others.
- To know how to recognise the success of others.
- To know how to successfully strike a ball with ease.
- To know how to use communication when batting.

Healthy Participation — To understand why regular exercise has a positive effect on their health, fitness, and social wellbeing.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Session 6 – To be able to play full competitive games of softball. To be able to take on a number of roles effectively.

- To know how to apply teamwork, sportsmanship, and attitude to game situations.

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- To know how to work together in achieving a goal such as getting an out or achieving a high batting score.
- To know how to link skills into a competitive game of softball.
- To know how to communicate effectively with others when batting to score runs.
- To know how to make good decisions under pressure.

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 – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will be able to transfer these skills into Summer 2 when pupils will be looking at target games of boules and ultimate frisbee. Pupils will be able to transfer skills such as working effectively in a team and communicating with other. Fielding and batting skills and techniques are transferable into target games.

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).