

Communicate Autumn 2 - Medium Term Plan: Ages 9-10

imoves	Lesson 1 Baseline Assess	Lesson 2 Maintaining Balance	Lesson 3 Controlling Equipment	Lesson 4 Strength & Flexibility	Lesson 5 Linking Movements	Lesson 6 End of Term Assess
Warm Up	Indoors: Play dance video Then: Follow the Leader Create a mini floor-based assault course using small equipment. Travel along it using different locomotive skills following a leader.	Indoors: Play dance video Then: Follow the Leader 2 The leader must use greater range of movements such as: high, low, wide, thin, slow, fast. Challenge Followers to do the course backwards/in reverse.	Indoors: Play dance video Then: Follow the Leader 3 Leader must use their voice to direct the follower who has eyes closed or blind folded. Keep all movements along a straight line.	Indoors: Play warm up video Then: Strength & Balance Children memorise as many positions and transitions as possible. Use the Audio as gentle background music to help focus.	Indoors: Play warm up video Then: Strength & Balance Children memorise as many positions and transitions as possible. Use the Audio as gentle background music to help focus.	Indoors: Play warm up video Then: Strength & Balance Children to create their own mix routine of positions and transitions between the two - focussing on strength and balance while doing so.
Activity	Baseline Assessment – Challenge Circuit Each group must incorporate the following areas into their circuit: Balance, Movement, Floor activity, Low Beam, Counter Balance.	Balancing on a Line Maintaining balance along a marked line, complete a series of ever-more challenging tasks to develop the core and the ability to balance without deviation.	Balancing on a Low Beam 2 Maintaining balance along a low beam, complete a series of ever-more challenging tasks to develop the core and the ability to balance without deviation.	Position Cards Children work in pairs. Children are to get into positions from slide deck. Encourage the children to see if they can notice which muscles are being activated.	Position Cards Children work in pairs. Children are to get into positions from slide deck. Encourage the children to see if they can notice which muscles are being activated.	End of Term Assessment – Challenge Circuit Each group must incorporate the following areas into their circuit: Balance, Movement, Floor activity, Low Beam, Counter Balance.
Skill	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.	Balancing on a Low Beam Maintaining balance along a low beam, complete a series of ever-more challenging tasks to develop the core and the ability to balance without deviation.	Cone Taps Children are to stand on one leg and lean forward and touch cones formed in a crescent shape around them, one at a time, using the left then right hand.	Counter Tension and Balance Work with a partner. Focus on showing slow, steady movements and maintain control while counter balancing.	Off the Floor Balance Work with a partner. Focus on showing slow, steady movements and maintain control while balancing off the floor.	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.
Activity with Skill	Balloon Racing In pairs, the children take turns to run the track, keeping their balloon in the air. When back to their partner, they swap positions and keep going until the time/target is met. Level 1 & 2.	Balloon Racing Level 3. Including rules from Level 1 & 2, now add upturned benches on the track. Children must traverse along the low, thin beam while keeping their balloon in the air.	Balloon Racing Continuing play, the teacher is now allowed to give a small force onto the children as they traverse along the low beam. Level 5 - Children can hit others' balloons away.	Everest Split the class into 4 or 5 equal large teams. Place some large obstacles/ big apparatus out. Each group have to transport a gym mat over their Everest while following a set of rules.	Everest 2 Now add an additional rule that the team must incorporate an Off the Floor balance - akin to those seen in the Skill video, at some point during their traversal over 'Everest'.	Everest 3 Now add an additional rule that the team must incorporate a tension balance, counter balance and off the floor balance into their movement over 'Everest'.
Review / Assess	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning