



Medium Term Plan: Summer 2 - Ages 9-10

imoves	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Warm Up 1 & 2 Start with video-guided indoor warm up, then divide class into mixed teams for a series of shuttle runs using coloured cones.	Warm Up 1 & 2 Engage in a video-led indoor warm up, then proceed to shuttle jogging and slalom activities with colour-structured cones. Increase pace and emphasise safety.	Warm Up 1 & 2 Revisit indoor warm up video for muscle memory. Proceed to shuttle jogging with colour-coordinated cones, introducing sidestepping and reverse running.	Warm Up 1 & 2 Watch indoor warm up video, then play 'Cat & Mouse Tag'. Cats attempt to freeze mice, which can be freed by untagged teammates.	Warm Up 1 & 2 Watch indoor warm up video, then play 'Cat & Mouse Tag'. Adjust game rules to make it more challenging for the cats.	Warm Up 1 & 2 Repeat indoor warm up video and 'Cat & Mouse Tag', adding rule adjustments empowering the mice.
Activity	Baseline Assessment: Powerball Tag-basketball hybrid. Players score by placing balls in baskets, while defenders try to tag them out. Various rules and scoring methods apply.	S-C-O-R-E Teams pass a ball and aim to score in various hoops. Points earned correspond to the letters S-C-O-R-E. Interceptors prevent scoring.	Cat & Mouse Evasion In pairs, children try to avoid being tagged before reaching the end zone. The game is adapted for ability levels and incorporates exercise elements.	Jump Start Children cycle through a series of jump-focused stations, challenging themselves and others to improve jump height, accuracy, and distance.	Mirror Me, Shadow Me, Copy Me Pairs of children engage in jumping activities where one mirrors, shadows or copies the other's movements.	End of Term Assessment: Powerball Tag-basketball hybrid. Players score by placing balls in baskets, while defenders try to tag them out. Various rules and scoring methods apply.
Skill	Assessment Points Evaluates aspects such as pace, footwork, body control, consistent ability, reaction time, accuracy, jumping control, self-challenge, resilience, and mindset.	Skill: Two Legs, One Leg Individuals practise catching a bouncing tennis ball in their own space, initially with two hands, then one, on two legs, then one. Perseverance and appropriate difficulty are emphasised.	Skill: Bounce and Catch Game Teams alternate between throwing balls to bounce in hoops for points and catching them before a second bounce. The 'ready position' is emphasised.	Skill: Jumping & Landing Focused practice on controlled jumps and landings, with turns and tucks. Includes discussion on how to jump further.	Skill: Jumping & Landing Practice controlled jumps and landings in multiple directions, with focus on stillness upon landing. Discussion on improving jump length.	Assessment Points Evaluates aspects such as pace, footwork, body control, consistent ability, reaction time, accuracy, jumping control, self-challenge, resilience, and mindset.
Activity with Skill	King Ball Teams score by throwing a ball into an opponent's square. If the opponent catches the ball, the game continues. Rules for throwing and scoring apply.	King Ball: 2 Teams aim to score in an opponent's square in a timed game or up to a set number of points. Incorporates catching skill from the previous activity. Rules from imove: Lesson 1: Kingball apply.	King Ball: 3 Set up as in previous lessons, but with three teams. Points and positions shift according to successful interceptions and shots. Fast paced with multiple progressions.	Jumping: Competition Time In groups, children compete to hop and jump the furthest. Successful jumpers become coaches to help others improve.	Combination Jumping Children practice combination jumping, with elements of hopping, striding, and standing jumps. Includes individual practice and competition with classmates.	Combination Jumping – Competition Teams compete to achieve the furthest 'triple jump' style combination jump. This activity can be adapted for personal best challenges or direct competition.
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.	2 Stars, 1 Wish Promote self or peer evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	2 Stars, 1 Wish Promote self or peer evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	Peer Observation Cards Child observes another child to provide feedback, support, and advice. Inspire children to interact with someone different than usual go-to.	Peer Observation Cards Child observes another child to provide feedback, support, and advice. Inspire children to interact with someone different than usual go-to.	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.