



Medium Term Plan: Ages 8-9

imoves	Lesson 1 Baseline Assess	Lesson 2 Evasion	Lesson 3 Effective Movement	Lesson 4 Controlled Slalom	Lesson 5 Footwork Patterns	Lesson 6 End of Term Assess
Warm Up	Indoors: Play dance video Then: Cat & Mouse Tag 4 children are cats and wear bibs. The remaining children are mice. Once tagged, mice stand still. Mice are freed by other mice circling twice.	Indoors: Play dance video Then: Cat & Mouse Tag 2 As lesson 1, then change rules to make more challenging for Cats e.g. - cats have to tag the mouse but then stand guard of it for 5 seconds.	Indoors: Play dance video Then: Cat & Mouse Tag 3 As lesson 1 & 2 then, if a team of 4 mice encircle a cat (by holding hands) the cat is captured and is freed by another cat running round.	Indoors: Play Fitness video Then: Knock, Knock Children speed walk around area of cone 'doors'. On "knock, knock" children knock on door with hands, feet, knees, elbows, heads and bottom.	Indoors: Play Fitness video Then: Knock, Knock 2 As lesson 4 but children record how many doors they get through; this is their Personal Best (PB) score. Whistle after 20 seconds stops play.	Indoors: Play Fitness video Then: Knock, Knock 3 As lesson 5 but with a tennis ball on each doorway. Children move, knock then bounce the ball 5 times before moving to another doorway to knock.
Activity	Baseline Assessment Evasion: Small area with end zones. Children wear tags, Child A must evade Child B using a range of evasion techniques, footwork, feinting, sidestep or speed.	Cat & Mouse Evasion Children stand back-to-back, one step apart, numbered 1 and 2. Aim of the game is to avoid being tagged by the other, when called, before reaching the end zone.	S-C-O-R-E Pass the ball around team and score in hoops spread around the area, interceptors stop them scoring. Passing team earn letters by scoring in scoring zones.	Slalom Jogging 1 st child slalom out to end and return, 2 nd child goes when the 1 st child has reached the end cone. Then the next child begins to slalom when the 2 nd child is at the end.	More in the Middle Children are grouped together into 6 passers (3v3) and two defenders in the middle. Interceptors can either contact the ball, intercept, or catch on the full.	End of Term Assessment Evasion: Small area with end zones. Children wear tags, Child A must evade Child B using a range of evasion techniques, footwork, feinting, sidestep or speed.
Skill	Use Assessment Snapshot Assessment method: 1) Pace to beat opponent? 2) Footwork to evade? 3) Feint to progress past? 4) Body control? 5) Consistent ability?	Two Legs, One Leg Arm out in front, shoulder height, holding a tennis ball. Let the ball bounce on the floor and then try to catch it before it bounces a second time.	Two Legs, One Leg Pairs: React quickly and catch tennis ball. React quickly and catch while balancing on 1 leg. Bring their hand across their body and catch a tennis ball after 1 bounce.	Slalom Course Position eight gateways on a slalom course. Slalom through the course, lowering the oar (post/ paddle/ bat) to nearly touch the post being rounded, circling round each gateway.	Quick Stroke Shuttles on chairs. Go through the first gates flicking the shuttles backwards with a paddle. Then move backwards through flicking the shuttles forwards.	Use Assessment Snapshot Assessment method: 1) Pace to beat opponent? 2) Footwork to evade? 3) Feint to progress past? 4) Body control? 5) Consistent ability?
Activity with Skill	Islands Collect treasure and return to treasure chest. Mark out several islands using cones or mats. Teacher calls out number and children dribble equipment back to an island.	Islands 2 As lesson 1 but children collect one ball each and dribble around placed island spots or bounce on a racquet back to their own island where a team mate catches.	Islands 3 As previous lessons, but players now wear tag belts. If opposing players take a tag, players must go to opposition island to be released without equipment.	Canoe Racing Relay Teams of 4. Children race around the 4-station course, finishing as quickly and accurately as possible. Player passes paddle to next player until all finish their section.	Canoe Racing Relay 2 As lesson 4, but with 4 different courses. Slalom, Gate Squeeze, Quick Stroke, Draw Stroke. Children are to race around the course, as quickly and accurately as possible.	Canoe Evasion Set up 2 of the canoe courses. Complete the course then immediately enter evasion area, one evades, other attacks and tries to capture tag or evade their opponent getting it.
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 in order to provide feedback, support and advice. Inspire children to interact with someone different than their usual go-to.	Peer Observation Cards Child observes another child in order to provide feedback, support and advice. Inspire children to interact with someone different than their 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.