

icommunicate

Medium Term Plan: Ages 7-8

	Lesson 1 Baseline Assessment	Lesson 2 Pass & Catch	Lesson 3 Passing & Intercepting	Lesson 4 Counter Balances	Lesson 5 Counter Balances	Lesson 6 End of Term Assess
Warm Up	Indoors: Play Fitness video Then: Island Toss Separate area into two zones, use benches to create a divide. Spread sponge balls over both sides. Children try to clear their area in 60 secs.	Indoors: Play dance video Then: Three Island Toss Separate the area into three zones, benches create a divide. Remind children of game format - but add that there will be three islands.	Indoors: Play dance video Then: Four Island Toss Separate the area into four zones, benches create a divide. Spread sponge balls over both sides. Teams have 60 secs to clear their areas.	Indoors: Play dance video Then: Beat & Phrase Watch the video and allow children opportunities to listen then nod, clap and count to the beat of music, finding beat 1, 8 and 32.	Indoors: Play dance video Then: Beat & Phrase Watch the video and allow children opportunities to listen then nod, clap and count to the beat of music, finding beat 1, 8 and 32.	Indoors: Play dance video Then: Review the 8 cheerleading positions from the previous lesson - High Touchdown - High V - Diagonals - Bow and arrow - Tilted bow – Triplets - Drills
Activity	Baseline Assessment Cone Stars Child A sends the beanbag to Child B, if the bean bag is caught then the SENDER moves their cone marker back. Repeat to set a Personal Best target.	Bowl-a-Goal Teams play against each other by rolling the ball in an attempt to get it to rest on a target (or within a hoop/on a spot). Team players bowl alternatively.	More in the Middle Team of 8, split the group into 6 passers (3v3) and two defenders in the middle. If defender intercepts the ball the defenders swap with 2 players of their choice.	Cheer Positions Go through 'Basic Cheers Positions' slide and practise movements, posture and names, holding each pose for 8 beats.	Cheer Positions Go through 'Basic Cheers Positions' slide and practise movements of: Ready Stance - Broken T and T - Touch Down - High V and Low V – Liberty – Archer. Focus on stability / balance.	End of Term Assessment Cone Stars Child A sends the beanbag to Child B, if the bean bag is caught then the SENDER moves their cone marker back. Repeat to set a Personal Best target.
Skill	Use Assessment Snapshot Continue assessment. See lesson page and Assessment Snapshot for details. This activity assesses the children's footwork, balance and PB motivation.	Pass & Catch In 2s. Using a ball. Children find a space and roll the ball to each other, focussing on delivering to a target (hands or feet) making the correct barrier to stop the ball rolling behind.	Five Pass Children are split into groups and work together to pass a ball 5 times without dropping it. Children work through: chest pass, bounce pass, shoulder pass, overhead pass.	Counter Balances Watch and recreate the counter balances from the video. Explain safety rules, how to get into the pose and how to exit from it. Encourage stability/ balance.	Counter Balances Watch and recreate the counter balances from the video. Explain safety rules, how to get into the pose and how to exit from it. Encourage stability/ balance.	Use Assessment Snapshot Continue assessment. See lesson page and Assessment Snapshot for details. This activity assesses the children's footwork, balance and PB motivation.
Activity with Skill	Island Toss Game Develop the warm up game but start with a scoring system. Get points for scoring in the zones as well as points for how many bean bags in the opposition's half.	Roll-a-Goal: Fast Lanes Teams pass, catch and finally roll a ball into a goal (smaller size goals are perfect) Teams are NOT to interfere with the opposing team - they are just using the same space to play.	Roll-a-Goal Ultimate Start with the same version game as in Lesson 2, then add: Increase the number of balls. Children CANNOT move when in possession of the ball (akin to Netball & Benchball).	The Routine - Practise & Performance Individual Practise - Show the first 3 Motion Drill moves from your Cheerdance Toolkit video. Then practise each move again and even a 3rd time.	Practise & Performance - Crucial Communication Show moves 4 - 8 from your Cheerdance Toolkit. Develop a sequence / routine involving taught moves.	Roll a Goal Tournament Ladder tournament. Winners move up, loser down. Children are to perform their Cheerdance celebration routine each time they successfully score a goal.
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