



Medium Term Plan: Summer 2 - Ages 7-8

imoves	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Warm up videos: Start with a warm-up video indoors to prepare children for the lesson. Follow up with a second warm-up exercise in any setting.	Replay warm-up video: Play indoors to enhance muscle memory and prepare children for upcoming activities.	Warm-Up Repeat warm-up video indoors to further improve muscle memory and prepare children for the lesson's activities.	Warm-Up Start with a warm-up video indoors to prepare children for the lesson's activities. Follow up with a second warm-up exercise in any setting.	Warm-Up Replay warm-up video indoors to enhance muscle memory and prepare children for the lesson's activities.	Warm-Up Revisit warm-up video indoors to stimulate muscle memory and readiness for lesson's activities.
Activity	Baseline Assessment: Treasure Chest. Evaluate children's understanding of exercise and physical capabilities through a fun, competitive treasure chest relay game, employing various challenges and modifications.	Balloon Balance Trail: Challenge balance and coordination by standing on one leg, keeping a balloon airborne, and collecting cones. Vary difficulty and competition style.	Balloon Balance Trail: Level 2 - In small groups, navigate a course while balancing on one leg and keeping a balloon airborne. Compete to achieve fastest times.	Roll Ball Teams compete to roll a tennis ball through targets on a rectangular court. Focus on bending knees to collect the ball while keeping heads up.	Roll Ball Bridge Two-player game focused on rolling a tennis ball through a bridge formed by the other player's body.	Treasure Chest: Baseline Assessment Physical and cognitive assessment game with relay-style retrieval of 'treasure' from a central location. Incorporates balance challenge and competitive elements.
Skill	Assessment Notes: Evaluate and discuss the impact of exercise on the body, safe movement, appropriate equipment usage, and the importance of fitness and health.	Low Beam Balance: Improve balance and coordination by transferring items along a raised beam, testing how many items can be transferred within a set time.	Skill: Catch on a Low Beam Practice balance and coordination on a low beam, catching a large or small ball thrown at varying heights and directions.	Skill: Equipment Tracking Practice tracking and catching a bouncing ball at various difficulty levels over increasing distances. Extend skill with partner work.	Skill: Moving with Speed and Accuracy Utilize the Steeplechase circuit layout to practice fast and accurate ball striking between partners.	Assessment Points Discuss body changes during exercise, importance of safe movements and equipment use, and concepts of fitness and health.
Activity with Skill	Balloon Racing: Incorporate a balloon in a racetrack game to enhance motor skills and competitiveness. Include various levels of difficulty and aim for personal best scores.	Balloon Racing: The Next Level - Progress Balloon Racing game to the next level by incorporating low beam balance and keeping a balloon in the air while racing around the track.	Balloon Racing: Interference - Advance Balloon Racing game by introducing physical interferences while racing along the track and balancing on the beam.	Steeplechase: Level 1 Navigate a simple circular circuit by striking and pushing a ball. Track either number of strikes or lap time.	Steeplechase: Level 2 Add hurdles and partner ball tosses to the Steeplechase circuit, while continuing to track strikes or lap time.	Steeplechase Race Teams compete on the Steeplechase circuit, striking a ball between partners and transporting equipment. Points awarded based on finishing positions.
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.	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.	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.