

imove Autumn 2 - Medium Term Plan: Ages 10-11

imoves	Lesson 1 Baseline Assess	Lesson 2 Control & Coordination	Lesson 3 Adaptation	Lesson 4 Strength & Flexibility	Lesson 5 Linking Movements	Lesson 6 End of Term Assess
Warm Up	Indoors: Play fitness video Then: Bull in the Ring 5 players stand in a circle with 1 player in middle. Challenge is for player in middle to intercept passes being made by those on the outer ring.	Indoors: Play fitness video Then: Bull in the Ring As lesson 4 but decrease the size of the circle to increase challenge. Emphasis on ball skills to improve passing, fake passing, quicker passing.	Indoors: Play fitness video Then: Bull in the Ring As lesson 5 but vary the ball size being used; for example, a smaller ball becomes harder to intercept. Then add more interceptors to up challenge.	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.	Goalball: Rectangle Roll Minimum of 4 players per group. 1 player sits at each of the 4 corners of a rectangle. - Initially the ball travels in a clockwise direction around the rectangle	Goalball: Team Defence The aim of this challenge is to work as a team, listen to the ball and to try and stop the attacker from scoring a goal. 4 players per court.	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.	Go Figure 2 players, alternating turns and giving each other advice. On the spot stand with legs apart and move a ball in a figure of 8 around both legs 10 times. Further rules apply.	Creative Passing Sitting on the floor and passing a piece of equipment from a zone on one side of their body to another zone. Then, passing it to a partner to transfer to the other side. Further rules.	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	Goalball Goalball is a 3 v 3 sport and is typically adapted for a school environment using benches and mats in place of the goals and tactile court used at the Paralympics.	Goalball As Goalball: Level 1, but players on the same team should attempt to pass the ball to each other using their hands and increase communication skills, to earn bonus points.	Goalball As Goalball: Level 2, but players must attempt to pass and move the ball in various ways building on their learning from the previous 2 lessons.	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	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	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.	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