



Medium Term Plan: Spring 2 - Ages 10-11

imoves	Lesson 1 Baseline Assessment	Lesson 2 One Leg Balance	Lesson 3 Strength & Balance	Lesson 4 Footwork Patterns	Lesson 5 Changing Direction	Lesson 6 End of Term Assess
Warm Up	Indoors: Play Fitness video Working individually, in their own space – children complete either part or all of the Strength and Balance warm up video, particular focus should be on maintaining the positions and holding a tight core.	Indoors: Play fitness video Working individually, in their own space – children complete either part or all of the Strength and Balance warm up video, then create a routine of 4 balances with transitions. Either done solo, paired or in a small group.	Indoors: Play Fitness video Working individually, in their own space – children complete either part or all of the Strength and Balance warm up video, then create a routine of 4 balances with transitions. Either done solo, paired or in a small group.	Indoors: Play Fitness video Then: Traffic Jam activity helps kids with movement & awareness. They walk slowly, then faster while dodging & twisting. 5th gear involves patting a balloon while moving. Gear changes must show control & awareness of surroundings.	Indoors: Play dance video Then: Traffic Jam 2 Start the same as in Lesson 1, then add: children move in a circle, adapting their movements to various positions like crab, monkey, snake, or using one leg.	Indoors: Play dance video Then: Traffic Jam Build Up activity improves children's movements and spatial awareness through gear exchange with & without verbal communication. Can be done indoors or outdoors.
Activity	Baseline Assessment – Evasion Children must use techniques like footwork, feinting, sidestep or speed to cross over the end line, evading opponent. The defender stops the attacker and roles change. Apparatus can be used as obstacles; they have a set time to get to the end or retrieve the tag.	Balloon Balance Trail: Collect cones while standing on one leg and keeping balloon in air. Timed, played solo/pairs/groups. Made accessible by picking cones from raised surface or challenging by playing on uneven surface.	Balloon Balance Trail 2: Teams stand on one leg, tap balloon while collecting cones around a short course. Cones at varying heights, distances. Player turns collecting cones, still keeping balloon up. Timed by teammates. Can be played individually, in pairs, or groups.	Memory Run: 4-5 teams. Place 2 different colour beanbags under 4 cones. Children run to retrieve one beanbag at a time, find matching pair, & memorize cone contents to help team. Key skills: teamwork, memory, communication. Game ends when team finds all 4 matching pairs. 4 colours.	Memory Run 2 Level 2: Ask teams to hide the beanbags under an opponent team's cones. Get them to think carefully about the combination and order that they might choose.	End of Term Assessment – Challenge Circuit Teams design a challenge circuit using equipment, focusing on balance, movement, floor and low-beam activities, with clear instructions. They try the other circuits, evaluate on ability to create rules, adapt, link movements and compare actions.
Skill	Assessment method: Evaluate child's pace, footwork, use of feints, body control, and consistency in evading opponent.	Cone Taps: Children stand on one leg, lean forward, and touch cones with alternate left hand/right hand, then left foot/right foot. Only gentle touch allowed, no stepping or squishing.	Target Wall: Teams create their own obstacle course by sticking targets at increasing heights, participants use dominant/non-dominant foot to touch them and record scores. Teams can change position or add obstacles for challenge.	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.	Cat & Mouse Evasion: Children aim to avoid being tagged, reach end zone. Teacher calls out numbers, end zone can be adjusted. Scored first to 5 wins, with score becoming PB. Children can exercise while waiting, movements should be light and agile.	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	SoccerJam Balance, footwork, coordination through football and dance. Kids create routine in pairs/ groups, perform to music, using bean bags if needed. 5-minute performance to SoccerJam mix with emphasis on strong movements, good posture.	SoccerJam Balance, footwork, coordination through football and dance. Kids create routine in pairs/ groups, perform to music, using bean bags if needed. 5-minute performance to SoccerJam mix with emphasis on strong movements, good posture.	SoccerJam Circuit: Children review moves from SoccerJam videos, perform them in a challenge circuit to music, and add their own moves.	Benchball: Original - Teams of 5-7 players pass ball & catch on bench behind opponent. First team to get all players on bench wins. No go zones marked. Pass ball at least 5 times before shooting.	Benchball: Tactics: Place benches at end of court. Split group into 2 teams of 5-7. One team starts with player on bench, aim to throw ball to benchmate. First team to get all players on bench wins. Defend with 2-step distance rule, no player in no-go zones.	Dodge Benchball: Teams of 5-7 aim to catch opposing team out by throwing soft dodgeballs at them. Players must not cross middle line, caught players stand on bench. Team with fewest players on bench wins.
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	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	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