

Medium Term Plan: Summer 1 - Ages 10-11

imoves	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.
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.	Fetch In pairs, Child 1 holds the ball whilst child 2 runs out in front, Child 1 shouts 'yes' and extends their arm, once Child 1 hears the call and sees the hand they must pass the ball.	Throw & Catch Using two hands: Children throw a small ball to a partner and catch with both hands. Start off static then get children to move around a central cone.	Bootcamp 26 Bootcamp circuit cards and monitoring sheet for 3 lessons. Display heart rate monitoring slides with explanations on heart rate, pulse-taking, RPE and Talk test. Record HR, RPE, talk test monitoring and feelings, starting with resting heart rate.	Bootcamp 26 Bootcamp circuit cards and monitoring sheet for 3 lessons. Recap heart rate monitoring and do a second pulse check for resting heart rate using a timer or stopwatch. Record results.	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.	Pursue & Stop Roll and chase a large ball for 5-10m, getting in front of it and stopping it with a sideways knee facing their partner. Repeat above but with a tennis ball. 3 levels.	Pass & Catch Development Roll the ball to each other, focussing on delivering to a target & making the correct barrier to stop the ball. Develop the roll into a bounce & catch with 1 hand.	Fitness Circuit Children download Bootcamp Fitness Circuit cards, each card shows a body part and whether it's a Cardiovascular exercise. Work through cards A-M, playing upbeat music.	Fitness Circuit Children download Bootcamp Fitness Circuit cards, each card shows a body part and whether it's a Cardiovascular exercise. Work through cards N – Z, playing upbeat music.	Circuit Design Children pick a Bootcamp Circuit card each and arrange all 26 cards alphabetically. In pairs, they choose 5 exercises to create their circuit, writing them in their sheet. Each pair will have their own small circuit space.
Activity with Skill	Steeplechase In Steeplechase Level 1, roll a ball around a circular circuit by striking and pushing it. Count the number of strikes or record lap time. Play with a partner by taking turns.	In Steeplechase Level 2 , children roll a ball around a circuit and use benches placed horizontally as hurdles. They must jump over the bench, scoop the ball up into the air, and pass it to their partner on the other side.	Steeplechase Race Children race in partnerships around a circular circuit, striking a ball and jumping hurdles. Points are awarded with teams transporting a piece of equipment as they race. 1st=10 points, 2nd=8 points, 3rd=6 points, 4th=4 points, 5th=2 points, and 6th=1 point.	Workout World Children work in pairs or groups of 3. Each Bootcamp Circuit card is a 'station'. Exercise is done until music changes, then move clockwise to next station. Play upbeat music for 10 sets of 1 minute of exercise followed by 30 seconds to move on. A-M.	Workout World Children work in pairs or groups of 3. Each Bootcamp Circuit card is a 'station'. Exercise is done until music changes, then move clockwise to next station. Play upbeat music for 10 sets of 1 minute of exercise followed by 30 seconds to move on. N-Z.	5 Station Circuit Children choose 5 exercises and write them on papers to put on 5 different stations. They read their circuit exercises and do them with their partner. Heart rate is monitored and recorded. The music track is played several times for children to repeat exercises.
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