

Together, We Flourish

Kindness • Respect • Perseverance • Curiosity • Hope • Community



Year 4 Summer 2 - PE Medium-Term Plan: Target, Control, Combine

Enquiry question: How can we control force and direction to hit or reach a target?

End-of-unit PE outcome: Pupils will apply different sending techniques to reach or hit an object; decide which sending technique to use for consistent success; maintain a positive attitude showing perseverance when aiming at difficult targets.

Curriculum emphasis: Apply and develop a broader range of skills and use them in different ways

Schema focus: Move • Solve • Connect



What we already know, remember and can do:

In Year 3, pupils developed related knowledge and skills through Hands, Feet, Equipment. They are ready to revisit these ideas with greater control, independence, tactical thinking and challenge.

Topic overview / rationale

The 'target control combine' unit has an important focus upon the pupil's hand-eye and foot-eye coordination skills linked to sending and receiving. Pupils can use different adaptations of these activities to focus on exploration and repetition of fundamental techniques, applying them to cooperative and competitive games. Through lots of engagement with these key skills, children will be able to try and develop some of their own coaching points leading to improved mastery of techniques and Christ Church curriculum emphasis: Apply and develop a broader range of skills and use them in different ways.

Key vocabulary for this topic

aim, direction, accuracy, coordination, position, communicate, collaborate, compete, cooperate

Christ Church values and spirituality links

Values: Perseverance, Curiosity, Respect, Hope.

Spirituality: Children wonder at how small changes in force, timing and body position affect an object. They reflect on persistence and control, and respond by practising carefully and supporting others.

Wonder: What does this movement or challenge make us curious about? Reflection: What do our choices teach us about ourselves and others? Response: How can we use this learning so everyone can flourish?

Inclusion and adaptive teaching

Use the scheme's STEP principle (Space, Task, Equipment, People) to adapt challenge without changing the core learning. Vary ball size, texture, flight, distance and target size; allow bounce/catch alternatives before increasing complexity. Build in observation, rehearsal and success before increasing complexity; provide rest, sensory or communication adjustments where required.

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Lesson	Learning Intention / Activity	What will be known and remembered	Revisited vocabulary	New vocabulary	Adaptations / Inclusion	Deeper thinking
1	Target LI: To apply different sending techniques to reach or hit an object Activity: Splash; Target Tug of War. <i>Equipment: Cones / Flat markers, Hoops, Suitable sending objects –, beanbags, quoits, small balls etc, Alternative targets – tall cones,</i>	✓ MOVE: I can apply different sending techniques to reach or hit an object ✓ SOLVE: I can decide which sending technique to use for consistent success ✓ CONNECT: I can maintain a positive attitude showing perseverance when aiming at difficult targets	space, control, safe movement	target, aim, direction, accuracy, coordination	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	Pair – Share – What did you do differently when the target was further away from you?
2	Target LI: To apply different sending techniques to reach or hit an object Activity: Litterbugs. <i>Equipment: Cones / Flat markers, Hoops, Suitable sending objects –, beanbags, quoits, small balls etc, Alternative targets – tall cones,</i>	✓ MOVE: I can apply different sending techniques to reach or hit an object ✓ SOLVE: I can decide which sending technique to use for consistent success ✓ CONNECT: I can maintain a positive attitude showing perseverance when aiming at difficult targets	target, aim, direction, accuracy, coordination	target, aim, direction, accuracy, coordination	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	How many different ways did you send an object in this game? Which was the most successful? Why do you think this was?
3	Control LI: To apply catching skills in various levels of challenge Activity: Trick Catch; Box Ball Catch. <i>Equipment: Hoops, Cones, Cones / Flat markers, Bean bags, Hoops</i>	✓ MOVE: I can apply catching skills in various levels of challenge ✓ SOLVE: I can decide effective positions to be in to catch consistently ✓ CONNECT: I can support others in developing their control skills, pushing to extend challenge	target, aim, direction, accuracy, coordination	control, position, communicate, collaborate, compete	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	How did you challenge yourself within the game? Did you try any trick catches while you were playing?
4	Control LI: To apply catching skills in various levels of challenge Activity: Rolling Pool. <i>Equipment: Hoops, Cones, Cones / Flat markers, Bean bags, Hoops</i>	✓ MOVE: I can apply catching skills in various levels of challenge ✓ SOLVE: I can decide effective positions to be in to catch consistently ✓ CONNECT: I can support others in developing their control skills, pushing to extend challenge	control, position, communicate, collaborate, compete	control, position, communicate, collaborate, compete	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	What did you have to consider when sending the white ball in order to direct the ball into a pocket?
5	Combine LI: To apply combinations of effective sending and catching skills consistently Activity: Throwing Duels; Removal Team. <i>Equipment: Cones / Flat markers, Hoops, Suitable sending objects –, beanbags, quoits, small balls etc</i>	✓ MOVE: I can apply combinations of effective sending and catching skills consistently ✓ SOLVE: I can decide strategies to combine skills to have consistent success ✓ CONNECT: I can celebrate and strive for more success with others	control, position, communicate, collaborate, compete	combine, cooperate, aim, direction, accuracy	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	Did you create a plan in your team? Did you try different ones and how did you decide which one worked the best?

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Lesson	Learning Intention / Activity	What will be known and remembered	Revisited vocabulary	New vocabulary	Adaptations / Inclusion	Deeper thinking
6	Combine LI: To apply combinations of effective sending and catching skills consistently Activity: Hoop Rescue Dodgeball. <i>Equipment: Cones / Flat markers, Hoops, Suitable sending objects –, beanbags, quoits, small balls etc</i>	✓ MOVE: I can apply combinations of effective sending and catching skills consistently ✓ SOLVE: I can decide strategies to combine skills to have consistent success ✓ CONNECT: I can celebrate and strive for more success with others	combine, cooperate, aim, direction, accuracy	combine, cooperate, aim, direction, accuracy	✓ Vary ball/object size, speed, bounce, distance and target size; allow extra preparation time or a bounce before increasing challenge. Use STEP (Space, Task, Equipment, People) to preserve the learning intention while adapting access and challenge.	How did you change your throwing technique from aiming to hit your opponent to rescuing somebody from your team?