

## PE Weekly Overview Spring 2

	<b>AM Club</b> (8:00-8:55)	<b>Morning Lessons</b> (9:00-12:15)		<b>Afternoon Lessons</b> (1:15-3:15)	<b>PM Club</b> (3:20-4:15)
<b>Monday</b>	<u>Morning movers</u> (Rec, 1 & 2)	<b>Year 2 Invasion games</b> Developing skills in <b>Netball</b> based activities. <b>Fundamental movement skills</b> Developing balance, coordination and agility through challenges and activities. (Sending and receiving focus).		<b>PE PPA</b>	<u>Tag Rugby</u> (4, 5 & 6)
<b>Tuesday</b>	Floorball (Unihoc) (1, 2 & 3)	<b>Year 1 Creative movement</b> Acting out stories through movements.		<b>Year 5 Create, Co-operate and develop</b> Creating group routines in <b>Gymnastics</b> and <b>Dance</b> .	<u>Mini Football</u> (Years <u>1, 2 and 3</u> )
<b>Wednesday</b>	<u>Tchoukball</u> (4, 5 & 6)	<b>Year 3</b> FA Skills with Mr Allen. Learning to send receive and move in football. <b>Year 1</b> Cricket skills with Derbyshire cricket.		<b>Year 4 Swimming</b> Building water confidence and stroke technique towards 25m unaided swimming at Bramcote baths.	Mr Neil Table tennis
<b>Thursday</b>	<u>Dodgeball</u> (Year 4, 5 & 6)	<b>Reception Creative movement</b> Choosing ways to move for different types of music.		<b>Year 6 Create, Co-operate and develop</b> Creating group routines in <b>Gymnastics</b> and <b>Dance</b> .	<u>Football</u> (Years 4, 5 & 6)
<b>Friday</b>	<u>Goalball</u> ( 1, 2 & 3)	<b>Skill-up groups</b>	<b>University workshop (KS1)</b>	<b>University workshops (KS2)</b>	<u>Badminton Club</u>

### AM Breakfast club plans

	Club	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Monday</b>	Morning movers (Years Rec, 1 & 2) JR/JS	INSET	Heads shoulders knees and toes warm up. Balancing bits (what body parts can we balance on?) Musical statues with balance. Hockey pokey to finish.	Heads shoulders knees and toes warm up. Carry games, bbags and coits (Rob the next and similar. Add in rules for carrying on your back or tummy). Music man actions song Hockey pokey to finish.	Heads shoulders knees and toes warm up. Gummy bear song and actions (make own actions and practice as a group). Beanbag balance game (pick up and carry, steal off others heads) Hockey pokey to finish.	Heads shoulders knees and toes warm up Lion king circle of life (groups of children for own actions)OR continue with gummy bear from last week. Reactions game (heads shoulders ball etc) Hockey pokey to finish.
<b>Tuesday</b>	<u>Floorball-Unihoc</u> (Years 1, 2 & 3) JS	Into, Getting used to the stick and the ball, dribbling through cones and around spots	Passing. Push pass, through cones, moving for advanced	Dribbling/tackling Through the gate, Defender stuck in the mud	Shooting Pushing into goal, look for corners. Killer shooting game	Mini tournament Play small matches with variation of targets.
<b>Wednesday</b>	Tchoukball (Years 4, 5 & 6) JR	Intro to Tchukeball, Catching order passing. Half court play SPOT with reaction nets. Three team play on half courts.	Catching order passing. Playing the length (traveling ball from one end to the other.) Team SPOT, half courts.	Team catching (in threes, no order). Playing for length opposed. Split long ways teams of three. Team SPOT, full length. 4 Max per team	Team SPOT, full length. 4 Max per team. Rule drip (time to hold etc)	Four or 5 team tournament. Half court play.
<b>Thursday</b>	<u>Dodgeball ( Years 4, 5 &amp; 6) JS</u>	Catching 'W' show how to catch, bring ball to chest. Keep eyes on the ball. Small sided games	Dodging (Gauntlet) Light on toes, keep body close together, always be aware of the balls around the court. Small sided games	Blocking Hold one ball, block others balls. Small sided games	Position Move around the court, always looking forward. N/E/S/W Small sided games	Tournament Matches so they can put into practice what they have learnt.
<b>Friday</b>	<u>Goal Ball (Years 1, 2 &amp; 3) JR</u>	Into to goalball Share video about how the game works. Blindfold games (round the circle, pass along etc) Goalball penalty shoot out	Infection tag warm up. Blocking practise (start unblinded) Intro team goalball (spots and no blindfolds) Progress to blindfolds for keepers	Tails warm up. Paired throwing practice (blinded) Team goalball, (all blindfolded with one seeing manager) Two pitches.	Cones warm up Goalball in teams of three (blindfolded) Tournament style. Goal ball penalty shoot out	BANK HOLIDAY

### PM After school club plans

	Club	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Monday</b>	<u>Tag Rugby (Years 4, 5 &amp; 6)</u>	INSET	Carrying the ball. Dropping off and picking up. Robbing the nest. Reaction games.	Carry and transfer Static sending Travel and send Points for passes	Tag belts Tails, Dodging drills. Furthest forwards.	Sending backwards and sideways Passing chains Hot potato
<b>Tuesday</b>	<u>Mini Football (Years 1, 2 &amp; 3)</u> <u>JS</u>	Dribbling Plenty of touches with the ball, toe taps, dribbling through gates.	Passing, Side foot, laces, sole. How to control, inside of foot, sole but not hover foot to high.	Shooting, Laces=power Side=Placement 5 step shot	Mini games, 3rds split evenly, only one end can shoot, How many passes.	Tournament Mini games, practicing what they have learnt.
<b>Wed</b>						
<b>Thursday</b>	<u>Football (Years 4, 5 &amp; 6)</u> <u>JS</u>	Dribbling Plenty of touches, skills (drop shoulder, step over, faints) Matches with end zone.	Passing Side foot control and slow Laces drill into feet, dependent on the pass. Matches with end zone and pass into zone	Shooting Shooting, Laces=power Side=Placement 5 step shot	Mini games What we have been practicing, Children can plan the session	Tournament SSG
<b>Friday</b>	<u>Badminton Club (Years 4, 5 and 6)</u> <u>JS</u>	Service and rules Underarm/backhand serve. Mini matches	Aiming shots Corners, short, long Mini matches	Ladder tournament	Round robin tournament	BANK HOLIDAY