



Short Term Plan

- DRA Completed
- Teacher Present

This template aims to support teachers to plan PE lessons which focus on targeted areas of work highlighted and prioritised in the medium term plan.

School: School:

Teacher name: Teacher Name:

Class: Class

What progress have my pupils made against the medium term plan?	What activity will my pupils do when they arrive?
<p><i>CONSIDERATIONS FOR COACH; Did I achieve the outcomes of the MTP? - What went well?</i></p> <p>To develop good balancing techniques using different muscles</p>	<p><i>PEP TALK: Re-cap - what did we learn last week? How did we do this? Today we will be working on (share the BBL's below) PL Values – how can we demonstrate our value in today's lesson?</i></p> <p>Write here...</p>

Building blocks of learning - What skills will I help my pupils develop

Thinking skills	Social & emotional skills	Physical skills
<p>How long can I hold this balance for?</p> <p>How can I support my friend to succeed?</p>	<p>Resilience & perseverance</p> <p>Internal motivation</p> <p>Self and peer assessment</p>	<p>Balance & coordination</p> <p>Limb coordination</p> <p>Controlling of weight and weight transfer</p> <p>Building strength within muscles</p>

What did I learn about...

CONSIDERATIONS FOR COACH; What could I change for next time to improve the sessions further? - How will I do this?

the pupils?	teaching PE?
Write here...	Write here...

Activity Design

Arrival activity

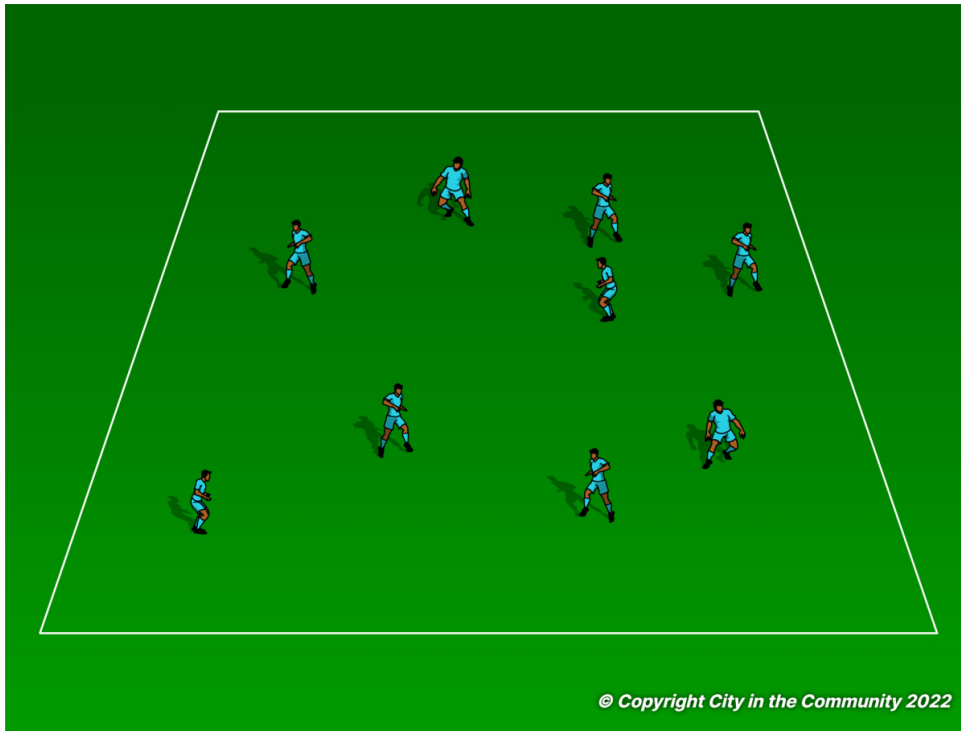
ACTIVATION

Organisation

- Pupils together in one area performing animal imitations
- Coach to shout out different animals and pupils have to react like one of them.
- This can include using all limbs e.g. bear crawls,
- Allow pupils to name some animals as well.

Progression

- Build a tag game into this by including a tagger(s)



Main activity

TECHNICAL PRACTICE

Organisation

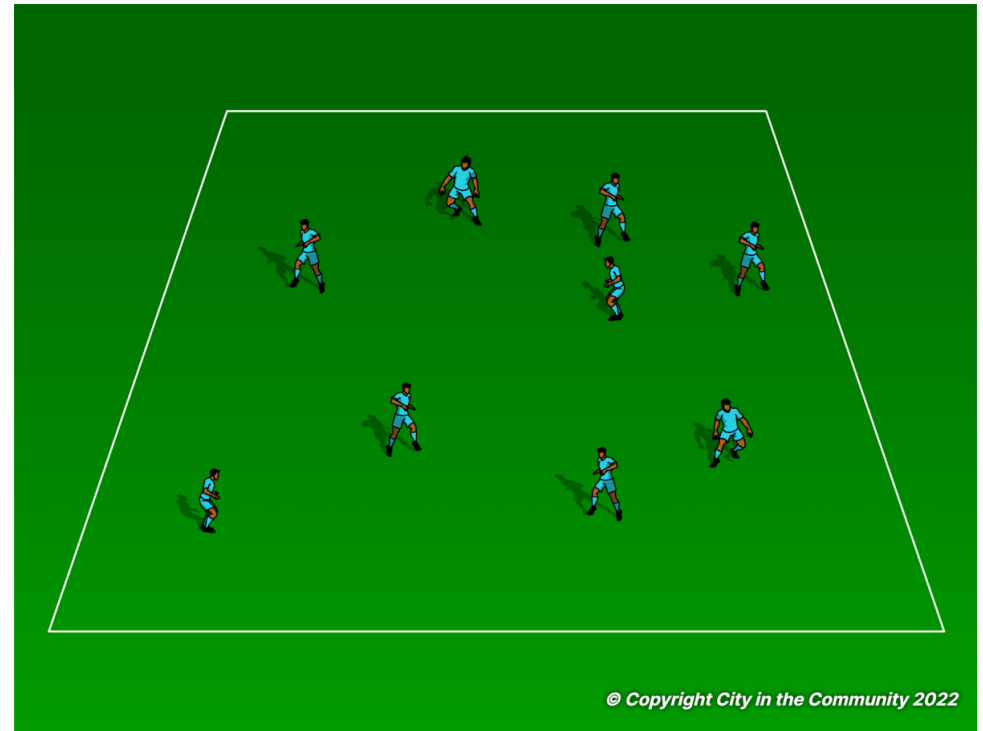
- Practicing different shapes and balances e.g. planks, side planks, bridges
- Using different limbs in coordination with each other to hold shapes
- Use mats if you feel this would be better for the pupils

Regression

- Keep to basic shapes, be mindful of how long they will be able to hold the balances for

Progression

- Challenge the pupils to hold the balances for longer
- Challenge the pupils to come up with their own multi-limb balance



Activity Design continued:

Write here...

GAME PRACTICE

Organisation

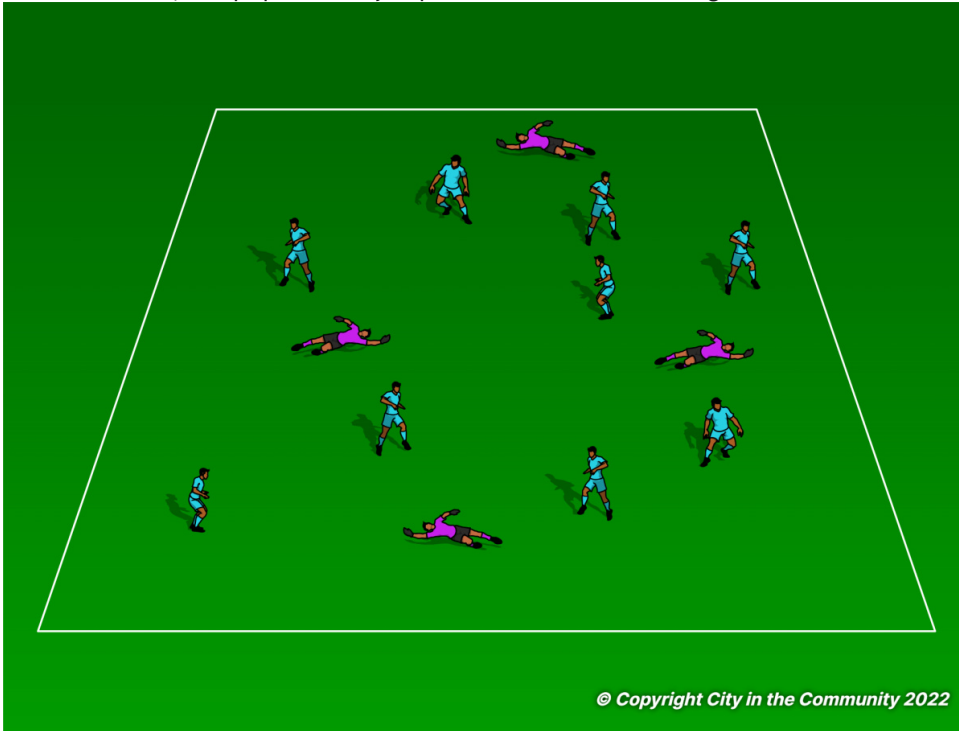
- Plank tag
- A game of tag but if you get tagged you have to hold a plank balance until somebody releases you
- A pupil can release you by crawling underneath your planks

Regression

- You can be released after holding the plank for 5 seconds, instead of having them holding it for a while

Progression

- Now only allowed to balance on the limbs that hasn't been tagged e.g. if they get tagged on the arm, they can use one arm and two legs to balance on.
- To be released, the pupil has to jump over them rather than go underneath them



Write here...

Notes...