

Taken from KS1 Net and Wall Games

Competitive, embed values such as fairness and respect, build character, inspires all children to succeed and excel.

Main activities: To practise skills learned in previous lessons

Rallies with target areas – set out the court and put different target areas near the ‘net’ and at the back of the court. In each rally the players try to hit the ball into the target areas to score a point. Play 5 rallies and try to beat the score. Then change the target areas and repeat
10 point Rallies – in pairs – set out a court with targets that will score 10 points. Vary the size of the targets depending on confidence. Play competitively scoring 10 points each time a target is hit. As progress is made, change the game rules so that when 10 points target is hit the opponent cannot return the ball.

Examples of the National Curriculum’s Purpose of Study in the Arena SOW

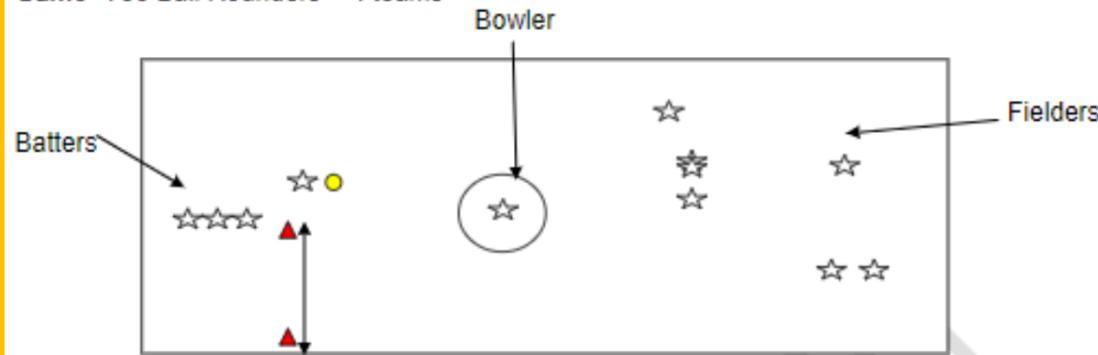
Purpose of study

A high-quality physical education curriculum **inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.** It should provide **opportunities for pupils to become physically confident in a way which supports their health and fitness.** Opportunities to **compete in sport and other activities, build character** and help to **embed values** such as **fairness and respect.**

Taken from LKS2 Striking and Fielding

Competitive, embed values such as fairness and respect, build character

Game- Tee Ball Rounders – 4 teams



1 team hitting a tennis ball from a high cone /tee using a rounders bat. 3 teams as fielders. Hit ball into space and run around marker to score runs, keep running until the ball is returned to the bowler who is stood in a hoop. (safety- batter keeps hold of rounders bat whilst running)
 Q-What is the best way to return the ball to the bowler? Carrying, rolling or throwing it to a fielder positioned near the bowler. Keep a running score and fielders that take a clean catch get a bonus point for their team. Rotate batting sides. Are you using the Top Tips if throwing underarm?



Health Related Exercise Year 6- Lesson 4



Teaching Points – Problem Solving:

This lesson is great to develop Your children’s problem solving, Try to ask questions to guide their Thought process. Don’t give up the Answers easily. The children can always re-plan!



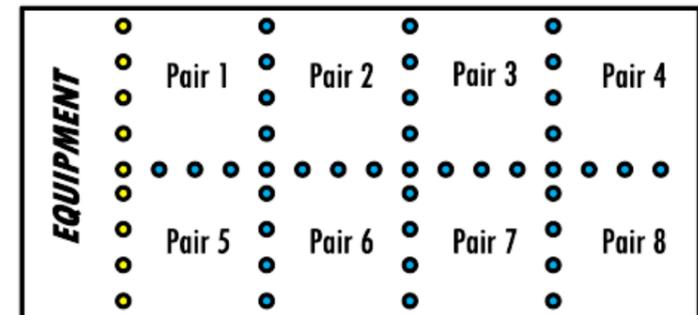
Teaching Points – Muscle Hypertrophy:

When we exercise at a high intensity, tiny little tears occur in our muscles. These repair overnight, then the muscle very cleverly adds a tiny little bit more to the tissue in anticipation of the same movements happening again!



Personal Training – Client 1 & 2!

Allow the children 5 minutes to set up for there client, they then get 15-20 minutes of time to work with there client to help their improve the fitness type that they desired to improve. All the adults in the room and there for motivation & guidance. If you see something that is dangerous and/or a little pointless – Step in and ask questions to help them correct the fault.



Taken from UKS2 Health Related Fitness

Inspires all pupils to succeed and excel in other physically-demanding activities, opportunities for pupils to become physically confident in a way which supports their health and fitness, build character, embed values such as respect.

Personal Training – P.E Theory

At the end of each full personal trainer session sit the children down and teach them a little more about how their body works! This week is Muscle Hypertrophy, a posh way of explaining how our muscles get stronger/bigger.

