

Primary School PE

Year 3 & 4

Multi-Sports

Primary
School
Support

Getting a **Kick** Out of Education

Key Stage Two

Autumn 1	Invasion Game	Tag Rugby
Autumn 2	Invasion Game	Netball / Basketball
Spring 1	Multi – Sport	Teamwork and problem solving activities
Spring 2	Net and Wall	Tennis / Badminton
Summer 1	Athletics	Running, Jumping and Throwing
Summer 2	Striking and Fielding	Cricket / Rounders

**Primary
School
Support**

Getting a **Kick** Out of Education

Key Stage Two



Pupils should be able to show a broader range of skills, learning to use them in different situations.

They should enjoy communicating, collaboration and competing against one another.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Primary
School
Support

Getting a **Kick** Out of Education

Spring 1 – Multi-Sports

6 Week Plan



Compared to using actual sports this block will be made up of different challenges and tasks, the theme of teamwork will be used throughout but with just a different focus on aspects of teamwork.

Week 1 - To Communicate and cooperate effectively

Week 2 - To communicate and cooperate in small teams

Week 3 - To understand leadership and how to apply these

Week 4 - To find techniques to help complete and solve tasks learning through trial and error

Week 5 - To be able to encourage and support others.

Week 6 - Apply skills learnt



Primary
School
Support

Getting a **Kick** Out of Education

Spring 1 – Multi-Sports

Week 1

Learning Objective

- To Communicate and cooperate effectively
- To understand how details and clear precise instructions can aid performance.

Activity Objective

- ABC's

Equipment: Various different equipment to work as obstacles.

Introduction: What turns communication into effective communication

Warm up

Set up - Triangle tag, 3 pupils connect using bibs, one extra person will be the tagger there aim is to move round the outside of the triangle and try and tag a chosen person on the back. Pupils must work together to move smartly to avoid being tagged.



Spring 1 – Multi-Sports

Week 1

Activity 1

Set up- untie the knot, pupils get into groups of 5+ and holding wrists tie them self in a big knot, working together pupils must navigate themselves back into a circle.

Activity 2

Set up- Pupils will work in groups of four, one pupil will be blindfolded facing obstacle course with an end zone. The other three pupils will have certain roles to make sure they can navigate the blindfolded through the obstacle course safely. 3 pupils will have on person that can see but not talk, one that can talk and not see and one to guide the blindfolded person or relay instructions.

STEPS

Size- Distance travelled

Task- The obstacles and difficulty of the task

Equipment- larger and move of obstacles

People- small teams working with others to encourage social aspects.

Success- To try different roles with in the team



Debrief

What thing did you have to say or do to be successful in today's activities.

Spring 1 – Multi-Sports

Week 2

Learning Objective

- To communicate and cooperate in small teams
- To work together to solve small problems

Activity Objective

- Brain teaser activities

Equipment: .Various size balls and skipping ropes

Introduction: What is effective teamwork?

Warm up

Set Up - Boogie tag, once a pupil has been tagged they have to connect to the tagger. Once the chain gets to 4 they can split and make 2s

.

Activity 1

Set up- Crane, pupils will work in groups of four, using four skipping ropes pupils must lift different balls and objects off and cone and land them in another cone. Give pupils time to figure out how to work it then make the game a race.



Spring 1 – Multi-Sports

Week 2

Activity 2

Set up-

Cone fishing using a similar format to the game before pupils will have string with a small hook on the will have to hook cones and place them in the chosen area, this activity will be done in pairs.

STEPS

Size- Distance of obstacles

Task- Challenged face

Equipment- Varying in difficulty

People- Small teams

Success- More difficult challenges

Debrief

What discoveries linking to success did your team find?



Primary
School
Support

Getting a **Kick** Out of Education

Spring 1 – Multi-Sports

Week 3

Learning Objective

- To understand leadership and how to apply these.
- To cooperate and follow instructions working in a way which is safe.

Activity Objective

- Teamwork and coordination challenges

Equipment

Balls, Hoops, cones mats

Introduction: What is a leader? What qualities make a good leader?

Warm up

Set Up - Triangle tag



**Primary
School
Support**

Getting a **Kick** Out of Education

Spring 1 – Multi-Sports

Week 3



Activity 1

Set up- Snake, pupils will be in a line one behind the other connected by a ball in between, pupils must travel round aiming to collect cones, the game can also be adapted so pupils can knock the balls out from in between other teams to slow them down.

Activity 2

Set up- Mat rafts, pupils working in small teams must use 2 mats to navigate from one side of the hall to the other without touching the floor.

STEPS

Size- Hall

Task- Challenges faced and how these problems are solved

Equipment- Different size balls and mats will change the difficulty of the task.

People- Small teams

Success- Point scoring

Debrief

How did having a leader make today's tasks easier? What might have happened with various people talking?

Primary
School
Support

Getting a **Kick** Out of Education

Spring 1 – Multi-Sports

Week 4

Learning Objective

- To find techniques to help complete and solve tasks learning through trial and error.
- To work showing resilience.

Activity Objective

- Brain teasers and memory games

Equipment

Tape and cones

Introduction:

Warm up

Set Up - Get the group to hold hands in a circle around 1 member of the group The member in the middle has to start walking forwards The rest of the group will then start walking away so that the person in the middle does not walk into them The person in the middle has to try get out without walking into any one To make it harder get the circle moving in a clockwise direction, start hopping etc



Spring 1 – Multi-Sports

Week 4

Activity 1

Set up- Using masking tape mark out a grid on the floor that is 6 squares wide by 8 squares long. The squares must be big enough for a person to stand in. Mark out on a piece of paper (route card) a correct route through the maze made up by you. The aim is for the team to find their way across the invisible maze one at a time. Give the team the route card and let them begin.

STEPS

Size- Distance and size of course

Task- More complex travel

Equipment- N/A

People- Random groups

Success- To use fewer turns to problem solve

Debrief

What techniques did you use to solve today's problems?



Spring 1 – Multi-Sports

Week 5

Learning Objective

- To problem solve and find solutions
- To encourage and advise others

Activity Objective

- Problem solve

Equipment

Various balls and balloons

Introduction:

Warm up

Set Up - Get the group to hold hands in a circle around 1 member of the group. The member in the middle has to start walking forwards. The rest of the group will then start walking away so that the person in the middle does not walk into them. The person in the middle has to try get out without walking into any one. To make it harder get the circle moving in a clockwise direction, start hopping etc.



Spring 1 – Multi-Sports

Week 5

Activity 1

Set up- Pupils will be in pairs and have a balloon and a tennis ball, pupils must take it in turns to bat the balloon or roll the ball.

Activity 2

Set up- Split class into two teams, aim of the game is to stand in a circle throw one ball up pass the next one along and catch the falling ball, can be done with balloons. Game will require pupils to encourage and problem solve.

STEPS

Size- Distance of throwing and passing

Task- Task completed and speed of this, points scored.

Equipment- Ball or balloon

People- Random partners and groups

Success- To try more difficult tasks

Debrief How did you assist someone it today's task?



Spring 1 – Multi-Sports

Week 6

Learning Objective

- To communicate and cooperate as team, to solve problems
- To understand roles and a team and how this can impact performance

Activity Objective

- Working to strengths

Equipment: cones, bibs, hoops, balls and cards

Introduction: Explain challenges and get pupils to discuss strengths and weaknesses before competing, explain every pupils must complete a challenges.

Crystal Maze Theme

Split into teams for 5

Challenges will be

■ - Mental

■ - Mystery

■ - Physical

■ - Skill

2 X challenges for each using the real games played on the show

Team with the most crystals and the end wins.



Spring 1 – Multi-Sports

Week 6

STEPS

Size- Specific to challenge

Task- Specific to challenge

Equipment- Specific to challenge

People- Specific to challenge

Success- Specific to challenge

Debrief

What team decisions did you make today? How did you help each other?



**Primary
School
Support**

Getting a **Kick** Out of Education

Spring 1~ Multi~Sports



Further Notes

Primary
School
Support

Getting a **Kick** Out of Education

Spring 1~ Multi~Sports



Further Notes

Primary
School
Support

Getting a **Kick** Out of Education