

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### **Subject:** LKS2 Year A– Ultimate Frisbee

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

#### **POS aims from NC:**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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 (for example, through athletics and gymnastics)
- 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 be.

#### **Prior Learning (what pupils already know and can do)**

- Pupils will be able to throw a ball under arm with both hands.
- Pupils will be able to aim at a target with some accuracy.
- Will be able to kick a ball with some accuracy.
- Pupils will be able to strike a ball with a racket or bat and hit a target still and moving.
- Pupils will be able to roll using both hands.

#### **Long-term Learning (what pupils MUST know and remember) End Goals**

**Ultimate Frisbee- Throwing to a moving target, forehand throw, throwing to both sides, cutting (attacking), clearing (making space), defending, competition.**

- To know and understand the basic rules of the game.
- To know how to catch and throw the frisbee with accuracy using forehand and backhand
- To know how to maintain throwing consistency and accuracy to a moving target, but also throwing catchable throws
- To know how to play small, sided games introducing some of the rules.

#### **Key Vocabulary**

disc, referee, stationary, thrower, target, space, straight, flat, backhand throw, accuracy, consistency, forehand throw, body, fake, direction,

**Session 1 – To be able to explain some key information about the sport and how to play the game. To be able to make comparisons to other sports, i.e., Spirit of the game, everyone is the referee, stationary thrower.**

- To know and understand the basic rules of the game.
- To know how to catch and throw the frisbee with accuracy.
- To know how to throw straight and instead of up or over a partner's head.
- To know how to throw the frisbee using a backhand throw with some degree of accuracy and consistency.
- To know how to play small, sided games with modified rules.

Healthy Participation –To discuss the benefits of completing a thorough warm up. It helps to loosen the joints, increases blood supply to the muscles and engages the brain with the body.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, referee, stationary, thrower, target, space, straight, flat, backhand throw, accuracy, consistency, forehand throw, body, fake, direction, inclusive.

**Session 2 – To be able to transition from stationary target to moving target. To be able to practice concepts of movement off the disc and throwing to space.**

- To know how to successfully throw using straight, flat, and catchable throws.
- To know how to maintain throwing consistency and accuracy to a moving target.

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- To know as a receiver, you must continue to run until a pass is caught.
- To know that the disc must only be held for 3 seconds no longer.
- To know how to play modified games using the turnover rule and change of possession.

Healthy Participation – To understand the type of fitness components that disc golf players need to perform at a high level.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, referee, stationary, thrower, target, space, straight, flat, backhand throw, accuracy, consistency, forehand throw, body, fake, direction, inclusive.

### Session 3 – To be able to successfully perform the fundamentals of the forehand throw.

- To know how to throw a forehand throw accurately and on target.
- To know that the disc must be dropped after scoring.
- To know that the grip and technique of a backhand throw and involves using new hand positioning.
- To know throws must be made on the correct side of the body.
- To know that for right-handed throwers, this means throwing a backhand to a receiver on the thrower's left and a forehand to a receiver on the thrower's right.
- To know how to play small, sided games introducing some of the rules.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating you need to be drinking fluids to replace the fluids you lose when you sweat.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, referee, stationary, thrower, target, space, straight, flat, backhand throw, accuracy, consistency, forehand throw, body, fake, direction, inclusive.

### Session 4 – To develop comfort throwing on either side of body.

- To know how to throw on correct side of body based on the location of the receiver.
- To know how to pivot from side to side before throwing.
- To know how to use both throws in a modified game situation.
- To know how to use backhand when receiver is on the left side of the receiver.
- To know how to use forehand when receiver is on the right side of the receiver.

Healthy Participation – To discuss the benefits of disc golf of our confidence and can help to increase our self-esteem.

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### Session 5 – To be able to perform offensive tactics of cutting.

- To know how to get intended receivers to cut to receive a pass.
- To know how to precede by a fake and running a different direction to get defender going the wrong way.
- To know when standing facing the opposite line with the disc held in front of the body makes it easier for the thrower to react and throw appropriately.
- To know that pupils must stop after they have caught the first pass before attempting the second pass.
- To know that by running to receive a pass, the receiver can move away from defenders.

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Healthy Participation – Discuss the benefits of playing disc golf can improve fitness, coordination, and skill development.

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Session 6 – **To be able to play games in a structured, competitive, inclusive environment. To be able to perform competitive play while still abiding by self-officiating and spirit of the game. To be able to provide constructive feedback including strengths and areas to improve for different teammates.**

- To know how to effectively work well with others and play a game of disc golf successfully.
- To be able to self-officiate while playing competitive games.
- To know how to make sure all pupils are included in entire competition structure.
- To know how to recognise the importance of playing honestly by awarding Spirit of the Game.
- To know how to recognise importance of competitive and honest play within a team.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have on the pupil's disc golf performance.

Vocabulary – Agility, balance, control, coordination, teamwork, disc, referee, stationary, thrower, target, space, straight, flat, backhand throw, accuracy, consistency, forehand throw, body, fake, direction, inclusive.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will develop the skills such as sending an object towards a target with some aim and accuracy which will help with other topics within PE. Pupils will have the ability to develop movement skills, movement strategies and movement concepts.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).