

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

### **Subject: UKS2 Year B– Softball**

**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 know how to throw a ball using all techniques.
- Pupils will know how to demonstrate how to catch successfully.
- Pupils know how to hold and grip a bat correctly.
- Pupils know how to strike a ball with ease.
- Pupils have a good understanding of competitive game play.

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

- To know how to throw with accuracy and speed; and know catching techniques for game situations.
- To know how to bowl a good bowl/pitch and confidently demonstrate fielding techniques.
- To know the correct grip for batting and how to hit the ball for different reasons e.g., power, direction or contact
- To know the positions and rules of the game and begin to use tactical awareness when batting and fielding.
- To know how to run between bases with speed, tactical awareness and accuracy.

### **Key Vocabulary**

Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance, teamwork.

**Session 1 – To be able to demonstrate the skills of batting, bowling, and fielding. To be able to demonstrate the skills of leadership within all aspects of a PE lesson.**

- To know how to use good throwing and catching techniques.
- To know how to throw with accuracy.
- To know how to catch under pressure in game situations.
- To know how to bowl a good bowl.
- To know how to confidently demonstrate Feilding techniques.

Healthy Participation – To Highlight the fitness needed when playing softball and the necessary components of fitness needed. i.e., coordination, reaction time and agility.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance, teamwork.

**Session 2 – To be able to understand when each skill should be used in a softball game.**

- To know how to set up and play modified games of softball fairly.
- To know how to use pitching, throwing, and catching skills.
- To know how to bowl with accuracy.

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- To know how to use an overarm throw at varying speeds.
- To know how to identify what makes a good bowl and recognise the success of others.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance, teamwork.

### Session 3 – To be able to perform the skills within a full softball game. To be able to determine how we hit in the ball.

- To know how to hit the ball for power, contact, bunting, and slap hitting.
- To know how to implements the rules into the game.
- To know how to use the correct grip when batting.
- To know how to use tactical awareness when batting and fielding.
- To know how to successfully field 'ground balls' that roll quickly across the floor.
- To know how to field 'fly balls' that fly, through the air.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

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### Session 4 – To be able to explain and adopt the different positions in softball. To be able to work effectively with others.

- To know how to work well with others and as a team.
- To know how to set up and fairly play a game of softball.
- To know how to work with and against others cooperatively.
- To understand the positions in baseball.
- To know how to pick up and field a ball with speed.
- To know how to run between bases with speed and accuracy.

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 when playing softball.

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### Session 5 – To be able to strike a ball with ease. To be able to tactically place the ball when batting.

- To know how to bat successfully using the ready position keeping the bat close to your back.
- To know how to use the body to turn sideward and swing through the ball when batting.
- To know how to make decisions as a team and work well with others.
- To know how to recognise the success of others.
- To know how to successfully strike a ball with ease.
- To know how to use communication when batting.

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Healthy Participation – To understand why regular exercise has a positive effect on their health, fitness, and social wellbeing.

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Session 6 – **To be able to understand and attempt to accurately score and umpire softball games, including; balls, foul balls and strikes.**

- To know how to apply teamwork, sportsmanship, and attitude to game situations.
- To know how to work together in achieving a goal such as getting an out or achieving a high batting score.
- To know how to make good decisions under pressure.
- To know how to throw accurately and quickly to the correct base.
- To know how to hit the ball between first and third base.
- To know how to target weaker opponents when batting.
- To know how to anticipate the ball in the field.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Arm action, backhand, backstop, attack, base, batting tee, block technique, catcher, fair, force out, foul, grip, hand-eye coordination, hit, innings, strike, pitcher, stance, teamwork.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will be able to transfer these skills into Summer 2 when pupils will be looking at target games of crown green boules and tri golf. Pupils will be able to transfer skills such as working effectively in a team and communicating with other. Fielding and batting skills and techniques are transferable into target games.

**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).