

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

### **Subject:** LKS2 Year A– Boules

**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**

##### **Boules**

- To know how to pull the arm back and roll a ball in a set direction
- To know how to play the game of boules and know the rules of the game, as well as how to measure the distance from the jack
- To know evaluate the strength and the direction of the shot, to gauge what to do to improve.
- To know how to use a forehand throw aiming to get close to an object and improving their skills of directional throws.
- To explore different use of tactics to win the game

#### **Key Vocabulary**

balance, control, coordination, shot, target, follow through, directional, throws, roll, jack, points, shot, placing, skills, strengths, direction.

#### **Session 1 – To be able to direct a boule towards an object.**

- To know how to pull the arm back and roll a ball in a set direction.
- To know how to aim from different points with the boules.
- To know how to practice drills and games to help with directional throws.

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 boules performance.

Vocabulary – Agility, balance, control, coordination, teamwork, shot, target, follow through, directional, throws, roll, jack, points, shot, placing, skills, strengths, direction.

#### **Session 2 – To be able to judge the weight of the shot in boules.**

- To know how to direct the ball to make the perfect shot.
- To know how to get closer and closer to the object.
- To be able to follow through and play games based on getting closer to the target area.

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

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### Session 3 – **To know how to perform a sequence of moves to get close to the jack.**

- To know how to play the game of boules.
- To know how to try and get as close to the jack as possible.
- To know how to evaluate the strength and the direction of the shot to gauge what to do to improve.

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

Vocabulary – Agility, balance, control, coordination, teamwork, shot, target, follow through, directional, throws, roll, jack, points, shot, placing, skills, strengths, direction.

### Session 4 – **To be able to use tactics and strategies to successfully win games and position/ place shots.**

- To know how to use a forehand throw aiming to get close to an object and improving their skills of directional throws.
- To explore different use of tactics to win the game.
- To know how to position and place shots.

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, shot, target, follow through, directional, throws, roll, jack, points, shot, placing, skills, strengths, direction.

### Session 5 – **To be able to successfully play the game of boules reinforcing the basic rules.**

- To know how to use skills learnt about directing the ball and the weight of the shot to help win the game.
- To recap over the rules of the game.
- To know how to measure the distance away from the jack.

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

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### Session 6 – **To be able to play a series of organised games fairly demonstrating the correct rules of the game.**

- To know how to score points.
- To know how to play the game with each other and count the points.
- To know how to play the game fairly and demonstrating good sportsmanship.

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.

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Vocabulary – Agility, balance, control, coordination, teamwork, shot, target, follow through, directional, throws, roll, jack, points, shot, placing, skills, strengths, direction.

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).