

Final Outcome: To demonstrate and evaluate a 3 part warm-up using their knowledge of skill and drills.

Component 6: Develop and evaluate a warm-up

What we will know after this sequence:

- Children will be able to identify and explain the differences between different groups' performances.
- They will be able to give specific feedback focusing on how to improve performance.
- They will analyse how successful a warm-up us be describing the effects it has on the body.

Vocabulary:

Evaluate, analyse, explain

How will this feed into my next learning:

Pupils will use their understanding of warm-ups to develop and evaluate their own warm-up.

SEND: awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, use of prompts to help support feedback.

Component 4: Explore pulse raising activities

What we will know after this sequence:

- Children will be able to demonstrate pulse raising activities for different sports.
- They will identify the skills needed for a particular activity.
- They will use these skills to create their own pulse raising activity.

Vocabulary:

Pulse, drill, activity, shuttle runs, steady run

How will this feed into my next learning:

Pupils will use their knowledge of the importance of pulse raising activities to create a 3 part warm-up for specific sports.

SEND: awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, use known sports as a basis for activity work.

Component 5: Create a 3 part warm-up

What we will know after this sequence:

- Children will create and perform a sport-specific warm-up.
- They will apply the skills needed for a specific sport to their warm-up.
- They will explain how to create a challenging warm-up.



Vocabulary:

Pulse raiser, stretching, static, dynamic, sport specific

How will this feed into my next learning:

Pupils will use their ability to develop and evaluate a warm-up.

SEND: awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, use visual aids as a reminder of specific warm-ups, focus on one area of the sport.

Component 3: Develop stretching and flexibility training methods

What we will know after this sequence:

- Children will be able to demonstrate stretching and flexibility exercises.
- They will be able to name some muscles.
- They will use co-ordination when demonstrating flexibility exercises.



Vocabulary:

Stretching, flexibility, static, dynamic, quadriceps, hamstrings, calf.

How will this feed into my next learning:

Pupils will use their knowledge of stretching and flexibility training methods to understand the importance of pulse raising activities.

SEND: awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, vary routine length.

Component 2: Develop ways in which to warm up in small groups

What we will know after this sequence:

- Children will be able to devise basic warm-ups for the heart, muscles or brain.
- They will be able to adapt ideas shown to create different warm-ups.
- They can create a fusion activity to warm up all three areas.

Vocabulary:

Heart rate, pulse, fusion.

How will this feed into my next learning:

Pupils will use their knowledge of ways to warm up to identify stretching and flexibility training methods.

SEND: awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, use known warm-up activities.

Component 1: The importance of warming up

We should know:

- The importance of keeping fit and healthy and taking part in regular exercise.

What we will know after this sequence:

- Children will understand the importance of warming up properly.
- They will be able to explain the different parts of the body that should be warmed up.
- They will demonstrate how to create an activity to warm up the heart muscles or brain.



Vocabulary:

Warm up, heart rate/pulse rate, muscles, mental

How will this feed into my next learning:

Pupils will use their knowledge of the importance of warming up properly to identify ways in which to warm up.

SEND: Pre-teach unit vocabulary, awareness of sensory sensitivities, use of smaller group sizes, work in mixed ability groups, work in smaller groups.

