icommunicate Medium Term Plan: Ages 4-5

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	**Indoors:** Play Circus video	**Indoors:** Play Circus video	**Indoors:** Play Circus video	Play the music and encourage children to do the circus- themed actions.	Play the music and encourage children to do the circus- themed actions.	Play the music and encourage children to do the circus- themed actions.
Activity	Display & discuss vocab slide. **Big Top circus games (Parachute)** Make a Big Top Popcorn Pop Popcorn Stop "If you have" game	Display & discuss vocab slide. **Sprint Starts** Get Ups – starting sitting Laid start Catch me if you can - In pairs try Get ups and Laid starts	Display & discuss vocab slide. **Clowns 1-2-3-4** Sit in a circle, rolling the ball from one to another aiming for their legs. Progress this to standing, throwing the ball. Move the ball to their feet, kicking the ball lightly around their circle.	Display & discuss vocab slide. **Bowling to cones**	Display & discuss vocab slide.	**Clown Around** Children start on their own spot and dance to the music.
Skill	**Baseline Assessment** See lesson page and Assessment Snapshot for details.	**Dodging** Zigzag - In groups or pairs	**Rolling a Ball** Rolling the ball along the ground & around their body. In pairs, roll the ball to each other. Play the video, children copy the actions. **Standing ball roll** Elephants roll the ball to the audience.	Underarm throwing Overarm throwing Throw over the river Not in my back yard	**Tightrope** Balance either on two feet with arms out wide or on one foot. Walk heel to toe along an imaginary tightrope.	**End of term Assessment** See lesson page and Assessment Snapshot for details.
Activity with Skill	**Sprinting** Identify a start line. Children along the line. Start jogging away from the line and when teacher claps their hands, children should sprint back as fast as they can.	**Clowns and jugglers game**	**Rolling & throwing** In pairs, rolling a ball to a target. Bouncing a ball on a target.	**Hoop Toss** Target throw - in pairs with one beanbag and one hoop.	**Using dice.** Roll the dice and shout out the number. Children select a balance using the number called as the number of points of contact.	**Simon says** "Simon says walk forwards" or "Simon says jog backwards" etc. get the whole group to travel in the same direction moving backwards and forwards and left and right
Review / Assess	**Review slide** Children complete the statements.	**Review slide** Children complete the statements.	**Review slide** Children complete the statements.	**Review slide** Children complete the statements.	**Review slide** Children complete the statements.	**Review slide** Children complete the statements.