

PE MEDIUM TERM PLAN (MTP) YEAR 5 2020: SEE BELOW FOR LESSON OUTLINE

PE MTP Y1	Autumn 1: 8 WEEKS	Autumn 2: 7 WEEKS	Spring 1: 6 WEEKS	Spring 2: 6 WEEKS	Summer 1: 6 WEEKS	Summer 2: 6 WEEKS
<p><i>Taken from the Year 5 curriculum map</i></p>	<p>Topic Title: Gymnastics</p> <p>Key knowledge: To develop flexibility, strength, technique, control and balance.</p> <p>Key Skills: Building agility, balance and coordination in gymnastics and using the skills to perform a variety of movements. Develop skills of straight jump, full turns, cat leap half turns, straddle rolls and strengthen understanding of the necessary flexibility, strength and control needed to perform the movements. Move between high and low shapes in singular and combination movements. Participate in peer and self-evaluation, give positive feedback for improvement. Develop confidence and perform in front of their peers.</p> <p>Key vocabulary: Accuracy, Formation, rhythm, movement, stretch, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison, Team work, group performance and solo performance.</p>	<p>Topic Title: Sports games and Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games. To develop flexibility, strength, technique, control and balance.</p> <p>Key Skills: Catching and throwing in hockey, football, basketball and netball. Building agility, balance and coordination, strengthening and understanding technical throws and plays.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Topic Title: Dance</p> <p>Key knowledge: To perform dances using a range of movement patterns.</p> <p>Key Skills: Bollywood dance, Sequence movements to music, create patterns and shapes that flow, understand rhythm and create solo and group performances. Evaluate own performance and peer performance and identify areas for development.</p> <p>Key vocabulary: pivot, Sequence, pattern, team work, group performance and solo performance, evaluate, feedback, assess</p>	<p>Topic Title: Invasion games</p> <p>Key knowledge: To perform dances using a range of movement patterns and play competitive games</p> <p>Key Skills: Use basketball and netball skill accurately in games. Apply rules and tactical approaches in game play. Evaluate own performance and peer performance and identify areas for development.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfielder, position, dodging, weaving, marking, intercepting, opponent, anticipate. Pass, throw, catch, pivot, opposition, team work, evaluate, feedback, assess</p>	<p>Topic Title: Team games</p> <p>Key knowledge: To play competitive games, use running, jumping, throwing and catching in isolation and in combination</p> <p>Key Skills: Continue to develop skill in game play, direct others during games in order to gain and keep passion, develop effective and purposeful communication.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate. running, jumping, throwing.</p>	<p>Topic Title: Athletics and Sports day preparation and OAA (Outdoor Adventurous Activity)</p> <p>Key knowledge: To take part in outdoor and adventurous activity challenges both individually and within a team. To play competitive games, develop flexibility, strength, technique, control and balance, use running, jumping, throwing and catching in isolation and in combination</p> <p>Key Skills: Work together in small groups, develop problem solving skills, confidently follow directions and maps with accuracy. Work to a time limit and develop navigational and leadership skills.</p> <p>Use running, jumping and throwing skills to work as a part of a team, apply skills learnt effectively in preparation for sports day at the end the summer term.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, athletics, event, track, field, running,</p>

Lesson 4	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:
Lesson 5	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:
Lesson 6	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks: <i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>	Lesson objective (s): Brief outline of main tasks: <i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>	Lesson objective (s): Brief outline of main tasks: <i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>	Lesson objective (s): Brief outline of main tasks: <i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>
Lesson 7	Lesson objective (s): Brief outline of main tasks:	Lesson objective (s): Brief outline of main tasks:	TERM END	TERM END	TERM END	TERM END

		<i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>				
Lesson 8	Lesson objective (s): Brief outline of main tasks: <i>INCLUDE: ASSESSMENT AND EVALUATIONS</i>	TERM END				