



PE Medium Term Plans

<u>Year 5 and 6 Sports:</u>	<u>Golden Threads:</u>
Hockey, Football, Netball, Cricket, Tag Rugby and Athletics Gymnastics, Swimming, Fitness, Tennis, Outdoor Education, Rounders and Dance	How you win/score/improve at a sport or performance? How do you move your body to participate? How to defend or attack in a sport in a team or individually What equipment will you need for each sport or performance? How does sport affect fitness, stamina and strength? How to communicate with team in sports or performances

Composites	Enquiry Theme	Components	Golden Threads and Vocab	Assessment
Netball	Understanding positions on the pitch and developing tactics.	- I know how to accurately pass the ball to a teammate quickly using mixture of passes taught. - I know how to pivot without giving a foot fault when receiving a pass to change direction facing and pass to a team mate or shoot.	- Equipment: Netball, posts and bibs - Tactics - Positions - Pivot - Attacking and Defending - Interception - Blocking - Pressing - Marking	- Can children demonstrate the three passes in a game? - Do children pivot to move ball in different direction? - Do children mark a player or work together in defensive unit?

		3. I know how to defend as a team getting the ball back from an opponent by marking and pressing. 4. I know how to shoot more accurately under pressure from defenders. 5. I know the role of each player in high five netball and where they can go on the pitch. 6. I know how to communicate with team to instruct on attacking and defending tactics.	• Shooting • Accuracy • Passing - shoulder, chest and bounce	• Can children get ball into the hoop? • Can a children name and explain different positions?
Tennis	To develop abilities in types of shots to play singles matches with a partner.	1. I know how to accurately hit a forehand shot over a net into the opponent's court. 2. I know how to accurately hit a backhand shot over a net into the opponent's court. 3. I know how to accurately hit a volley shot making sure it goes down into the opponents court. Develop soft and hard volleys. 4 . I know how to serve the ball over a net to start a	• Equipment : Rackets, ball and nets on courts. • Scoring system • Shot type - forehand, backhand and volley • Serving • Rally • Ready position to respond to opponent	• Can children hit a forehand shot over a net? • Can children hit a backhand shot over a net? • Can children hit a volley shot over a net? • Can children serve a ball to start a rally? • What is the scoring system in tennis?

		rally. Improve overarm serve landing it in a specific area of opponents court. 5. I know how to play a game of tennis against an opponent. Understanding the scoring system and court layout.		
Basketball	Develop ability to move with ball and use throwing and catching skills from other sports to play game.	1. I know the basic rules of basketball and the difference between movement to netball. 2. I know how to dribble, understanding double dribble foul and how to move forward and change direction while bouncing. 3. I know how to defend in basketball and the difference between good defense and a foul. 4. I know how to use hands effectively on the ball to shoot accurately and to respond quickly to rebounds.	• Equipment: Basketball, posts and court. • Offensive and Defensive play • Transition • Rebound • Hand position for shooting and dribbling • Tactics • Interception	• How is basketball different/same to netball? • What is a double dribble? • Are you allowed to grab the ball out of opponents hands? • Can children get the ball into the basket when shooting a) Inside D b) Outside D • What is transition?

		- I know the term transition in basketball and how to turn your team from defense into attack. - I know how to communicate with team mates effectively to communicate marking and passing in defense or attack.		
Tag Rugby	Increase teamwork and tactics when attacking and defending.	- I know the rules in tag rugby including passing direction, tagging etiquette, scoring and the offside rule to defense. - I know how to pass the ball and introduce offloading to a running team mate so they can already be fast as they get the ball instead of passing to a stationary player. - I know a more advanced defensive structure to combat the fast moving opposition	- Equipment: Tag rugby balls, belt and tags. - Passing and offloading - Tactics - Offensive and defensive - Knock on and offside	- How is tag rugby different to basketball when holding the ball? - What do you have to do players have to do when a tagging occurs? - What is a defensive formation? - What is a knock on? - What is the offside rule?

		player. Look at shape of defensive line. - I know the rule of knock-ons and why this is a foul which gives the opposition the ball. - I know where best to position fastest players and look at best attacking shapes with the player who has the ball always having a team mate as their shadow. - I know how to communicate effectively with your team instructing players who to mark or where to pass to.		
Dance	Introduce idea of choreography in group dance	- I know how to be aware of how their body can move in spaces and to more complex timing. - I know how to move to a choreography to match set rhythms.	- Choreography - Composition - Assess peers and own performance - Fitness, stamina and strength - Body movement in time with rhythm and group.	- Can children move in time with a beat or music? - What is a choreography? - Perform a cultural dance - Create own ideas for a dance. - Work with partner or group to perform dance

		3. I know how to dance a culturally significant dance from specific region or era. 4. I know how to develop and learn more complex steps and movements. 5. I know how to create own movements given a theme, topic or emotion. 6. I know how to link ideas together in a group to create own group composition.		
Football	Understanding positions on the pitch and developing tactics with attacking and defending.	1. I know how to pass the ball with different parts of the foot in order to play to feet or play in front of player to run onto. 2. I know how to dribble past defenders keeping the ball close to feet or further away if running fast up the pitch. 3. I know how to defend getting the ball back from opposition and using to close players down in a press or marking opposition.	• Equipment: Football, goals, corner flags, goal keeper gloves. • Passing, shooting, dribbling and tackling. • Communicating to team mates. • Goalkeeper • Corners, throw ins, goal kicks and centre kick. • Defender, Midfield and Striker.	• Demonstrate a range of passes. • What is a dribble and how do you do it? • Demonstrate how to tackle fairly and mark a player. • Score a goal or get the ball on target when shooting. • Where can a goalkeeper pick up the ball? • Who can be inside the penalty area for a goal kick?

		4. I know how to shoot more powerfully and accurately at goal to beat the keeper. 5. I know the role of a goalkeeper including saves, throw outs and kicks. Plus how to defend corners. 6. I know how to communicate tactics of attack and defence to team mates in order to win the ball back and keep the ball. Understand the positions on the pitch for defending and attacking.		
Fitness	To develop a scientific understanding between the relationship between exercise and their fitness.	1. I know warm up exercise like jumping jacks, body weight exercises like push ups, and relay running activities. 2. I know what cardiovascular exercise is and the effect it has on the body. Children design circuit to complete in lesson.	• How does sport affect fitness, stamina and strength? • What equipment to use • Body movement to improve agility, balance and co-ordination	• Pick an exercise suitable for a warm up. • What does cardiovascular mean? • What exercises best increase strength?

		3. I know how to create and complete circuit designed to improve body strength and flexibility. 4. I know how to design a circuit which improves balance and co-ordination. 5 and 6 - Fitness challenges to measure improvement in performance	Communicate to improve performance	- Which exercise will help improve your balance? - Design a circuit with a partner with range of different exercises.
Hockey	Understanding positions on the pitch and developing tactics with attacking and defending.	1. I know how to accurately pass the ball to a team mate over short and long distances, while being safe with the height of hockey stick swing. 2. I know how to demonstrate how to change directions when dribbling and how to hold the stick. 3. I know how to co-operate to defend as a team getting the ball back from opposition by tackling, blocking and marking. 4. I know how to shoot more accurately under pressure to beat the goal keeper. 5. I know how to save the ball as a goal keeper in hockey making	- Equipment: Hockey sticks and balls plus goals. - Passing, shooting, dribbling and tackling. - Communicating to team mates. - Goalkeeper - Defender, Midfield and Striker	- How do you hold the stick in hockey thinking about safety of players? - How can you use the stick to dribble? - When would a tackle be a foul in hockey? (Demonstrate) Can you score a goal against a goal keeper? - What part of the body can a goal keeper use to save the ball?

		themselves as big as possible to block shots. 6. I know how to communicate tactics of attack and defence to team mates in order to win the ball back and keep it to score.		
Rounders	Develop tactics in fielding to limit opposition score.	1. I know the rules of rounders including how to score and fielding positions. 2. I know how to demonstrate excellent fielding skills including high catches and low ground pick ups and quick decision making to run out batters. 3. I know how to improve batting skills including how they grip the bat, accuracy of striking the moving ball and decision making to run between posts. 4. I know how to develop skill at bowling and understanding tactics of steal base. 5. I know how to assess performance of self and peers while developing umpire skills	• Equipment: bat, ball and bases. • Tactics • Bowling • Batting • High catches • Ground pick ups • Stealing base • Ready position • Hand grip	• How do you score a rounder? • Name the fielding positions. • Can the child hit the ball? • Can the child on the base catch the ball to get a player out? • How do you know which base to throw to?

Cricket	Increase understanding of fielding positions and develop batting skills to hit the ball away from fielders.	1. I know the main rules for basic quick cricket game including pairs of batters, two sets of stumps, how to score with each team starting on 200 runs and loosing 5 if they are out. Each batter pair faces 2 overs of 6 balls bowled by 2 different bowlers. 2. I know how to improve batting technique looking at stance and grip in playing 3 shots - defensive block, forward drive and pull shot. 3. I know how to explain how to grip the ball down the seam when doing overarm ball. Develop pace up to wicket when bowling to increase speed of bowl. 4. I know how to improve techniques and team work in fielding with focus on different positions and responding together under time pressure. Look at high catches and ground picks up to throw back to wickets. Improve decision making about which end to throw to.	• Equipment - Cricket balls, bats and wickets. • Batting and bowling • Ground picks up movement and high catches • Communicating with team to field or bat. • Scoring and rules knowledge • Evaluating and improving performance • Batting strokes - Defensive, Forward Drive and Pull shot.	• How do you score a run? • Name 3 ways you can be out in cricket. • What is the difference between defensive block and forward drive. • What effect does the seam have when bowling? • How can you score a four or six? • Name two different fielding positions.
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Outdoor Activities	Increase courage and opportunities to experience sports in wider area	- I know how to increase confidence on the water with skills in kayaking, sailing and windsurfing - I know how to work as a team and communicate effectively when tackling challenges such as rock climbing, caving and rock hopping. - I know how to encourage a partner and conquer fear when attempting high ropes challenges and zip wires. - I know how to work co-operatively when exploring new places and solving orienteering challenge. - I know how to conquer anxiety and increase strength and agility when tackling the water park inflatables challenges.	- Co-operation - Team challenges - Safety and risk assessment - Encouragement in communication and clarity of instruction - Body movement and increased agility, coordination and balance.	- Name one thing you have improved on this term. - How has this term improved your confidence? - Name one piece of equipment you have used. - How have you had to use team work this term?

Athletics	See link between fitness, strength and stamina with their ability to compete in each event.	1. I know how to understand the dedication of athletes to their sport and develop knowledge of warm ups and stretching before improving technique of running such as proper posture and arm movement. 2. I know techniques of different forms of running such as sprint 75m, relays and hurdling. 3. I know how to explain fundamentals of long jump and demonstrate the approach to run and take off. 4. I know how to improve technique of scissor kick for high jump and understand the need for safety when landing on the matt. 5. I know how to throw using knowledge from other sports to that of throwing a tennis/cricket ball or javelin for distance.	• Equipment: Hurdles, javelins, high jump matt, measuring equipment, batons and how to use them safely. • Self assess and peer review of techniques to improve performances. • Body movement and action in various events. • Knowledge of fitness, strength and stamina.	• What is the difference between 75m and long distance running? • When hurdling what type of jump do you do? • Why is speed so important for long jump? • What two styles can you use for high jump? • What is the difference in throwing a tennis ball and a javelin?
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