



THE SULTAN'S SCHOOL

# YEAR 5 - MEDIUM TERM PLANNING 2021-2022

PRIMARY PHYSICAL EDUCATION DEPARTMENT

Mrs. Sarnel

# The Sultan's School Year 5 Medium Term Curriculum plan for P.E.

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
<b>1</b>	<b>Health &amp; well being</b>	<ul style="list-style-type: none"> <li>• Increase physical activity following a long period of inactivity</li> <li>• Improve mental, emotional &amp; social wellbeing following a long period of isolation</li> <li>• Improve awareness of healthy habits, including nutrition, hydration and sleep</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p><u>Outdoor Adventurous Activities:</u></p> <ul style="list-style-type: none"> <li>• Walking/ Jogging (Step challenge)</li> <li>• Scavenger hunts (various themes)</li> </ul> <p><u>Health &amp; Wellbeing areas of focus (discussion time built into lessons):</u></p> <ul style="list-style-type: none"> <li>• Physical activity &amp; fitness                             <ul style="list-style-type: none"> <li>○ Understand the importance of staying physically active</li> </ul> </li> <li>• Diet, Hydration &amp; Sleep                             <ul style="list-style-type: none"> <li>○ What does a healthy and balanced diet look like?</li> </ul> </li> <li>• Mental &amp; emotional wellbeing                             <ul style="list-style-type: none"> <li>○ The importance of treating others with care and respect</li> </ul> </li> <li>• Social wellbeing                             <ul style="list-style-type: none"> <li>○ Listening to and valuing others opinions</li> </ul> </li> </ul>	Health Fitness Physical Activity Wellbeing Physical Mental Social Emotional Feelings Happiness Sad Frustration Care Respect Diet Hydration Sleep Healthy habits
	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Pupils will replicate the basic actions of turning, rolling, jumping, climbing, balancing and travelling on hands and feet and how to adapt, practice and refine on the floor and on apparatus.</li> <li>• Pupils will learn to emphasise changes of shape, speed and direction through gymnastic</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Balance</p> <p style="text-align: center;">Sequencing</p> <p style="text-align: center;">Travelling</p> <p style="text-align: center;">Jumping(flight)</p>	Points Patches 8 Basic Shapes Twist/turn Rotate Linking Sequencing Travelling Creative Mirror

		<p>actions as part of a longer series of actions.</p> <ul style="list-style-type: none"> <li>• Pupils should learn how to erect and dismantle apparatus safely.</li> </ul>	<p>Rotation</p> <p>Refinement and self assessment</p>	<p>Match Unison Canon Flight</p>
	<b>Volleyball</b>	<ul style="list-style-type: none"> <li>• Students will focus on developing movement on court, linking skills together to form a rally.</li> <li>• The students will learn basic attacking and defending strategies and techniques.</li> <li>• Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents.</li> <li>• Students will highlight strength and weakness and improve on the weaknesses in order to improve.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball familiarisation &amp; Ready position</p> <p>Footwork and movement</p> <p>Catching &amp; throwing (Volleying and digging)</p> <p>Game play</p> <p>Rules and scoring</p>	<p>Volley Dig sending, receiving anticipation scoring. Ready position Stance movement preparation Teamwork Communication</p>
<b>2</b>	<b>Athletics</b>	<ul style="list-style-type: none"> <li>• In this unit pupils will be refining their understanding of throwing for distance using a range of objects,</li> <li>• jumping for distance and with accuracy.</li> <li>• Pupils will accurately replicate running challenges and competitions that require both speed and stamina.</li> <li>• In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance.</li> <li>• Pupils will develop the ability</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Sprint Running</p> <p>Running (Relays)</p> <p>Jumping- Long jump</p> <p>Jumping - High Jump</p> <p>Throwing - Turbo Javelin</p> <p>Long Distance Run</p>	<p>Running, jumping, throwing stance Stamina Speed Baton and exchange Scissor kick Take off and landing reaction</p>

		<p>follow safety procedures and handle equipment correctly.</p> <ul style="list-style-type: none"> <li>All lessons are working towards developing and refining skills for the TSS Athletics Day.</li> </ul>		
	<b>Racquet games</b>	<ul style="list-style-type: none"> <li>Students will focus on developing movement on court, linking skills together to form a rally.</li> <li>The students will learn basic attacking and defending strategies and techniques.</li> <li>Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents.</li> <li>Students will highlight strength and weakness and improve on the weaknesses in order to improve.</li> <li>They will be recapping and developing skills learnt in Year 3.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Grip and Ready position familiarisation</p> <p>Footwork and movement</p> <p>Forehand strike</p> <p>Backhand strike</p> <p>Game play</p> <p>Rules and scoring</p>	<p>Volley</p> <p>Forehand backhand sending, receiving anticipation scoring.</p> <p>Ready position</p> <p>Stance movement preparation</p> <p>Teamwork</p> <p>Communication</p>
	<b>Cross Country</b>	<ul style="list-style-type: none"> <li>Students will focus on developing their personal running technique,</li> <li>Look at basic tactics and strategy in order to pace themselves and complete the race to the best of their ability</li> <li>Students will refine and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the year group.</li> <li>Course length: 1.25km</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Running Technique</p> <p>Pacing</p> <p>Tactics and Strategies</p> <p>Target setting</p> <p>Stamina</p> <p>Competition</p>	<p>Pacing</p> <p>Strategy</p> <p>Technique</p> <p>Stamina</p> <p>Fitness</p> <p>Oxygen</p> <p>Cardiovascular endurance</p> <p>Warm up</p> <p>Cool down</p>

3		<ul style="list-style-type: none"> <li>All lessons working towards developing skills and stamina ready for TSS Cross country Day.</li> </ul>		
	<p style="text-align: center;"><b>Football</b></p>	<ul style="list-style-type: none"> <li>Pupils will focus on developing basic passing skills for football.</li> <li>To develop ball control and familiarity whilst both stationary and moving.</li> <li>Understand concept and importance of space.</li> <li>To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball familiarisation</p> <p style="text-align: center;">variety of Passing</p> <p style="text-align: center;">Dribbling and movement</p> <p style="text-align: center;">Striking and long passing</p> <p style="text-align: center;">Defending</p> <p style="text-align: center;">Conditioned games</p>	<p style="text-align: center;">Control Passing Receiving Positioning Attacking Defending Space Movement Pressure Accuracy Sportsmanship Fair play</p>
4	<p style="text-align: center;"><b>Basketball</b></p>	<ul style="list-style-type: none"> <li>In all basketball related activities, pupils will think about the use of strategies to outwit opponents.</li> <li>Pupils will focus on improving the skills of passing, receiving, dribbling, shooting and tactical play in a range of environments.</li> <li>They will learn to make informed decisions during small sided games, recognizing opportunity for competitive games and leadership.</li> <li>To understand the effect of exercise and develop an attitude of fair play and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ball Familiarisation</p> <p style="text-align: center;">Dribbling and control</p> <p style="text-align: center;">Shooting</p> <p style="text-align: center;">Attacking and Defensive principles</p> <p style="text-align: center;">Self Assessment</p> <p style="text-align: center;">Competitive game situations</p>	<p style="text-align: center;">Attacking Defending Passing Chest Pass Bounce Pass Shoulder pass Marking Covering team play team positions anticipation creating space Set Shot Triple threat Man to man Dribble Double dribble</p>

				violation
	<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Pupils will develop the range and consistency of their striking skills using a cricket bat, learning to protect the wicket and how to pick and choose their shots.</li> <li>• Pupils will work on aiming for space to outwitting opponents.</li> <li>• To implement simple tactics to form an striking and fielding principle.</li> <li>• To develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Catching and bowling skills</p> <p>Fielding</p> <p>Striking</p> <p>Tactics</p> <p>Game play</p>	<p>Accuracy</p> <p>Aiming</p> <p>Stance</p> <p>Space</p> <p>Grip</p> <p>Preparation</p> <p>Tactics</p> <p>Sportsmanship</p> <p>Teamwork</p> <p>Wicket</p> <p>Stumps</p> <p>Infield</p> <p>outfield</p>
<b>5</b>	<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Students will develop swimming skills in line with the Level 3 swimming assessment Criteria</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Submerge &amp; retrieve object</p> <p>Travel 15m/more using front crawl kicking action</p> <p>Travel 10m/more using backstroke kicking action</p> <p>Travel 10m/more using breaststroke kicking action</p> <p>Swim 15m/more using front crawl</p> <p>Swim 10/more using backstroke</p> <p>Swim 10/more using breaststroke type action</p> <p>Travel 5m/more using butterfly type kicking action</p>	<p>Body position</p> <p>Breathing</p> <p>Inhale</p> <p>Exhale</p> <p>Dive</p> <p>Bubbles</p> <p>Kicking</p> <p>Floating</p> <p>Continuous</p> <p>Alternating</p>
	<b>Team games &amp; Problem solving</b>	<ul style="list-style-type: none"> <li>• They will play in a variety of small tournaments to provide an opportunity to recap and perform the skills they have learnt this year.</li> <li>• students will learn skills and strategies associated with unihoc/Netball/Basketball</li> <li>• Pupils will focus on improving</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Team Work</p> <p>Logical thinking</p> <p>Competition</p>	<p>Team work</p> <p>Problem solving</p> <p>Leadership</p> <p>Collaborating</p> <p>Movement</p> <p>Control</p> <p>Space</p> <p>Tactics</p>

		<p>the skills of sending and receiving whilst passing and shooting, skills aim to increase self confidence and participation in physical activity.</p> <ul style="list-style-type: none"><li>• Pupils will develop the ability follow safety procedures and handle equipment correctly.</li></ul>	<p>Passing and shooting (Sending)</p> <p>Catching and controlling (Receiving)</p> <p>Movement on and off the puck</p> <p>Tactical Game play</p> <p>Rules &amp; Scoring</p>	<p>Attacking</p> <p>Defending</p> <p>Positioning</p> <p>Dribbling</p> <p>Overloading</p> <p>Supporting</p> <p>communicating</p>
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