



## TSS Primary PE MTP 2022-2023 Year 5

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
<b>Block 1 &amp; 6</b>			
<b>Invasion games Boys</b>	<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>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> <li>Ball Familiarisation</li> <li>Dribbling and control</li> <li>Shooting</li> <li>Attacking and Defensive principles</li> <li>Self-Assessment</li> <li>Competitive game situations</li> </ul>	<ul style="list-style-type: none"> <li>Attacking</li> <li>Defending</li> <li>Passing</li> <li>Chest Pass</li> <li>Bounce Pass</li> <li>Shoulder pass</li> <li>Marking</li> <li>Covering</li> <li>team play</li> <li>team positions</li> <li>anticipation</li> <li>creating space</li> <li>Set Shot</li> <li>Triple threat</li> <li>Man to man</li> <li>Dribble</li> <li>Double dribble</li> <li>violation</li> </ul>
<b>Swimming Girls</b>	<ul style="list-style-type: none"> <li>Students will develop swimming skills in line with the Level 5 swimming assessment Criteria</li> </ul>	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> <li>Perform a feet first sculling action for 5m on back &amp; front</li> <li>Push &amp; Glide &amp; swim 10m front crawl type action</li> <li>Push &amp; Glide &amp; swim 10m backstroke type action</li> <li>Push &amp; Glide &amp; swim 10m breaststroke type action</li> <li>Push &amp; Glide &amp; swim 10m butterfly type action</li> <li>Perform a handstand and hold for 3s</li> <li>Perform 3 different shape jumps into water</li> <li>Tread water for 30s</li> <li>Demonstrate an action for getting help</li> </ul>	<ul style="list-style-type: none"> <li>Body position</li> <li>Breathing</li> <li>Inhale</li> <li>Exhale</li> <li>Dive</li> <li>Bubbles</li> <li>Kicking</li> <li>Floating</li> <li>Continuous</li> <li>Alternating</li> </ul>
<b>Block 2</b>			



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<b>Athletics &amp; Endurance run</b>	<p><b>Athletics</b></p> <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 follow safety procedures and handle equipment correctly.</li> <li>• All lessons are working towards developing and refining skills for the TSS Athletics Day.</li> </ul> <p><b>Endurance run</b></p> <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> <li>• All lessons working towards developing skills and stamina ready for TSS Cross country Day.</li> </ul>	<p>Throughout the athletics unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• 100m</li> <li>• Endurance Run</li> <li>• Standing Triple Jump</li> <li>• Long Jump</li> <li>• High Jump</li> <li>• 600g Shot Putt</li> <li>• 4x100m Relay around the track</li> <li>• Turbo Javelin</li> </ul> <p>Throughout the endurance run unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Running Technique</li> <li>• Pacing</li> <li>• Tactics and Strategies</li> <li>• Target setting</li> <li>• Stamina</li> <li>• Competition</li> </ul>	<ul style="list-style-type: none"> <li>• Running,</li> <li>• jumping,</li> <li>• throwing</li> <li>• stance</li> <li>• Stamina</li> <li>• Speed</li> <li>• Baton and exchange</li> <li>• Scissor kick</li> <li>• Take-off and landing</li> <li>• reaction</li> <li>• Pacing</li> <li>• Strategy</li> <li>• Technique</li> <li>• Stamina</li> <li>• Fitness</li> <li>• Oxygen</li> <li>• Cardiovascular</li> <li>• endurance</li> <li>• Warm up</li> <li>• Cool down</li> </ul>
<b>Block 3 &amp; 4</b>			
<b>Striking &amp; fielding Boys</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> <ul style="list-style-type: none"> <li>• Catching and bowling skills</li> <li>• Fielding</li> <li>• Striking</li> <li>• Tactics</li> <li>• Game play</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Aiming</li> <li>• Stance</li> <li>• Space</li> <li>• Grip</li> <li>• Preparation</li> <li>• Tactics</li> <li>• Sportsmanship</li> <li>• Teamwork</li> </ul>



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<b>Net &amp; wall games Girls</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 during catch ball in year 4</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Ready position &amp; ball familiarisation</li> <li>• Footwork and movement</li> <li>• Volley &amp; Dig</li> <li>• Serving</li> <li>• Game play</li> <li>• Rules and scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Wicket</li> <li>• Stumps</li> <li>• Infield/ outfield</li> <li>• Volley</li> <li>• Dig</li> <li>• Underarm</li> <li>• serving</li> <li>• sending,</li> <li>• receiving</li> <li>• anticipation</li> <li>• scoring.</li> <li>• Ready position</li> <li>• Stance</li> <li>• movement</li> <li>• preparation</li> <li>• Teamwork</li> <li>• Communication</li> </ul>
<b>Block 5</b>			
<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 actions as part of a longer series of actions.</li> <li>• Pupils should learn how to erect and dismantle apparatus safely.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> <li>• Balance</li> <li>• Sequencing</li> <li>• Travelling</li> <li>• Jumping(flight)</li> <li>• Rotation</li> <li>• Refinement and self-assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Points</li> <li>• Patches</li> <li>• 8 Basic Shapes</li> <li>• Twist/turn</li> <li>• Rotate</li> <li>• Linking</li> <li>• Sequencing</li> <li>• Travelling</li> <li>• Creative</li> <li>• Mirror</li> <li>• Match</li> <li>• Unison</li> <li>• Canon</li> <li>• Flight</li> </ul>