



## TSS Primary PE MTP 2023-2024 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> </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>



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		<ul style="list-style-type: none"> <li>• Demonstrate an action for getting help</li> </ul>	
<b>Block 2</b>			
<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</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> </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> </ul>	<ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Aiming</li> <li>• Stance</li> <li>• Space</li> </ul>



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	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>• Tactics</li> <li>• Game play</li> </ul>	<ul style="list-style-type: none"> <li>• Grip</li> <li>• Preparation</li> <li>• Tactics</li> <li>• Sportsmanship</li> <li>• Teamwork</li> <li>• Wicket</li> <li>• Stumps</li> <li>• Infield/ outfield</li> </ul>
<p style="text-align: center;"><b>Net &amp; wall games Girls</b></p>	<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>• 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 4</b>			
<p style="text-align: center;"><b>Striking &amp; fielding Girls</b></p>	<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> </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> </ul>



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<b>Net &amp; wall games Boys</b>	<ul style="list-style-type: none"> <li>To develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>		<ul style="list-style-type: none"> <li>Teamwork</li> <li>Wicket</li> <li>Stumps</li> <li>Infield/ outfield</li> </ul>
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<b>Block 5</b>			
<b>Invasion games Girls</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>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <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> </ul>



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			<ul style="list-style-type: none"><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 Boys</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>