



Y5/6 Medium Term Plan - PE Cycle B



Topics						
	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health and Fitness/ Football	Gymnastics/Netball	Dance/ Tag Rugby	Gymnastics/ Tennis or Badminton	Cricket/Athletics	Orienteering/ Athletics
Thinking, social and emotional Concepts	Joy of movement Personal challenge	Personal challenge Critical thinking and action	Personal challenge Critical thinking and action	Joy of movement Personal challenge	Joy of movement Personal challenge	Personal challenge



Core knowledge	<u>Health and Fitness</u>	<u>Gymnastic</u> To select and use a range of sitting, standing, support and lying shapes in a sequence.	<u>Dance</u> To know what Unison is and how it enhances a performance.	<u>Gymnastics</u> To develop ability to take weight on their hands safely.	<u>Cricket</u> To develop throwing and catching technique in cricket.	<u>Orienteering</u> To understand the symbols used on an orienteering map.
	To make a prediction for fitness testing	To use rotations to increase the difficulty of a straight jump.	To select key actions from the routine and know how to improve their quality in terms of time, expression and speed of movement.	To understand how to create a warm up routine that meets the needs of the activity.	To evaluate how effective their own and others throwing and catching technique is and suggest ways to improve.	To watch and assess their team effectiveness when playing a game.
	To be able to make a healthy choice for in school and out of school	To use large body parts (head) to perform a well controlled balance.	To identify how they could respond to negativity or criticism	To think about different ways that they can show respect.	To identify how 'Friendship' has been shown by others within the lesson.	To identify the skills of a good leader.
	To be able to implement healthy choices to improve performance in PE and Sport	To perform a cartwheel safely and with control.	To know what Canon is and how it enhances a performance	To perform a well-coordinated and controlled circle roll which can be used as part of a sequence.	To understand the role of a fielder in cricket.	To complete an orienteering course as quickly as possible.
	To understand what fitness testing is and why it is used	To change the starting and finishing positions of a backwards and/or forwards roll. Year 6	To develop the use of canon, levels and formations to portray a story.	To provide positive feedback that helps a performer to understand their strengths.	To recognise where a suitable position as a fielder might be.	To understand what controls are and how punch cards are used to show which controls they have found.
	To understand the importance of continuing to be physically active outside of school	To adapt and link a range of shapes in a sequence.	To identify the key elements of successful group work and apply these when choreographing a routine.	To understand how respect can be demonstrated through admiration.	To understand the Olympic value of 'Respect' and identify a time they have shown this in the lesson.	To demonstrate the skills of a good leader when working with a partner, group or team
	To improve speed, agility and quickness.	To perform a range of jumps, including rotations, as part of a sequence.	To evaluate how expression and emotion are used in their own and other's routines to help portray the meaning of the dance.	*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	To improve bowling technique.	To understand the cardinal points of a compass
	To be able to identify why agility is important in PE and Sport	To use large body parts (shoulder stand and visit) to perform a well controlled balance.	To understand how people may be put off taking part in sport.		To evaluate how well they and others can perform the correct bowling technique	To identify the individual players who have played well and highlight the reasons why.
	To be aware of what a calorie is and where you can find it.	To be able to take their weight on their hands safely and with increasing confidence.	To explain why physical activity is good for their fitness, health and wellbeing.		To identify how 'Respect' has been shown by others within the lesson.	To understand the term 'positive mindset'
	To gain a basic understanding of calorie count and calorie deficit	To perform a well coordinated and controlled circle roll which can be used as part of a sequence.			*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).
	To know why poor fitness levels can affect performance					
	Children to improve flexibility and balance					
	To understand and recognise why flexibility and balance is important in PE and Sport.					



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	To be able to identify what a healthy diet would look like. To differentiate between healthy and unhealthy foods. To explain in greater depth why breathing rate increases during exercise.	*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated)			
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	<u>Football</u> To use communication skills to help teammates when attacking and defending. To evaluate the quality of their own performance, including skills, use of tactical ideas and teamwork. To lead an effective warm-up routine for a small group. To intercept and tackle to regain possession. To evaluate their performance and make changes to increase chances of success To understand how to lead a sport specific warm up *Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	<u>Netball</u> To improve children's passing technique and accuracy of passes. To evaluate how well a team passes the ball, and identify the reasons why possession is lost. To identify ways a game could be changed so that all are included. To perform a range of dodges and movements with more control and success To improve their own dodging skills by listening to feedback from others. To identify how sport can be a tool to change lives. To improve children's ability to successfully defend a player. To evaluate how effective a team's defending is during the game and suggest how it can be improved. To identify how setting goals can help them to improve a performance. <u>*Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).</u>	<u>Tag Rugby</u> To use agility to beat a defender. To develop tactics to create space against an opponent. To communicate effectively with teammates. I can use the correct passing technique. I can judge when to pass to my teammates. I can demonstrate resilience. *Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	<u>Tennis or Badminton</u> To be able to change direction at speed, chasse and lunge, whilst remaining balanced To understand the use of a split step. To identify an example of themselves/ others showing resilience within the lesson. To be able to complete a Forehand and backhand serve with increasing accuracy. To think about when a forehand and backhand serve would be used and which would be best in different situations. To identify how resilience can be shown throughout school. *Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).	<u>Athletics</u> To perform a long-jump with the correct technique To evaluate performance of myself and others. To communicate and provide feedback to a partner To pace myself over different distances. To evaluate speed over different distances. To improve children's technique for the baton change over and apply it consistently with accuracy and control To identify how others can become more effective with their change over To understand how efficient movement reduces the onset of fatigue. To understand the impact of short/long distance running on the body.	<u>Athletics</u> To perform the shot put technique with consistency, fluency and control. To evaluate other's performances and comment on how effective it is, suggesting areas for improvement. To know why poor fitness levels can affect performance. To understand and apply the correct technique for the javelin and throw with consistency, accuracy and control. To identify areas for improvement in their own and others performances. To describe how a good warm up routine can have a positive impact on performance and the implications of an ineffective warm up routine *Please note that teachers will have to use lesson plans from both the Year 5 and Year 6 sequence of lessons to ensure appropriate differentiation of task and outcome (unless specifically stated).
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Key vocabulary	Pace, dribble, opponent, intercept, tactical, attacking and defending, pass, breathe rate, balance, flexibility, healthy and unhealthy, performance, fitness	Pivot, court, Chest Pass Bounce Pass Overhead Pass Attacking Defending Netball Passing Dodging Keeping Possession Communication Safety	Emotion Tag Rugby Passing Attacking Agility	Gymnastics Lunge Bunny Hops Respect Straight leg lift Handstand Pike fold Straddle fold Front Support Rear support Agility Balance Striking Balance Forehand Backhand Backhand serve Serve	Throwing Catching Coordination Cricket Communication Long jump Balance Coordination Coordination Sprinting Balance	Communication Teamwork Map work Overarm Throwing