

The Winterton Federation Medium Term Plan

(see short term lesson plans / scheme of work for greater detail)

Term: Summer Term

Year Group: 5

SUBJECT/SESSION	PE	
1	Net / Wall Games Forehand	To consolidate a forehand. All children to hit a moving ball. Most children to keep a rally going. Some children consistently show accuracy.
2	Backhand (week 2 and 3 on the scheme of work).	To consolidate a backhand. All children to hit a moving ball. Most children to keep a rally going. Some children consistently show accuracy.
3	Volley Serve	To consolidate a volley and introduce a serve. All children can hit a ball on the volley and can complete a movement in a coordinated way. Most children can hit a volley with control and can coordinate throwing and hitting. Some children can hit a volley consistently with precision and use correct technique.
4	Match play	To develop shot selection. All children can participate in a rally. Most children can execute a variety of shots with control. Some children can react well in any situation.
5	Outdoor Athletics Running	To explore running and jumping and to develop a 3 part sequence jump. All children can run and take-off using their preferred leg and can perform a 3 part sequence.

	Jumping (week 1 and 2 on the scheme of work).	<p>Most children can run and jump with height and can perform a 3 part sequence with control.</p> <p>Some children can combine elements of jump to maximise distance and can perform a sequence of movements with control and consistency.</p>
6	Endurance Running, Running (week 3 and 4 on the scheme of work)	<p>To run for an extended period of time and to know how running affects the body.</p> <p>All children to select an appropriate speed for a race and describe the effects of exercise.</p> <p>Most children to maintain a constant pace and to record accurately how a body reacts to exercise.</p> <p>Some children to adapt pace to race conditions and begin to explain rates of recovery. To run for an extended period of time and to know how running affects the body.</p>
7	Running	<p>To explore starting positions.</p> <p>All children to demonstrate quick reactions.</p> <p>Most children can evaluate different starting positions.</p> <p>Some children can sustain acceleration and speed over a distance.</p>
8	Throwing (week 5 and 6 on the scheme of work)	<p>To throw for distance using a short run up and with accuracy.</p> <p>All children can throw from a rocking position with accuracy.</p> <p>Most children can throw from a short run up and can create an event to improve accuracy.</p> <p>Some children can explain the benefit of a run up and can give constructive feedback.</p>
9	Striking and Fielding Throwing	<p>To throw accurately in different ways.</p> <p>All children can throw overarm and underarm effectively.</p> <p>Most children can throw overarm and underarm accurately.</p> <p>Some children can consistently select and apply the correct throw.</p>

10	Fielding and Bowling (week 2 and 3 on the scheme of work)	<p>Children to use fielding techniques and catch consistently.</p> <p>All children can catch and attempt a cricket bowl.</p> <p>Most children can use the correct catching technique and demonstrate correct technique of a cricket bowl.</p> <p>Some children can quickly transfer from catch to throw and bowl accurately.</p>
11	Striking	<p>Children to hit a bouncing ball.</p> <p>All children can strike a ball consistently.</p> <p>Most children can select direction of strike.</p> <p>Some children can select direction of strike with power.</p>
12	Applying Skills (week 5 and 6 on the scheme of work)	<p>Children to understand the principles of a game and apply skills to a game situation.</p> <p>All children can explain the rules of the game and demonstrate bowling, striking and fielding skills.</p> <p>Most children know how to win a game and can demonstrate bowling, striking and fielding skills consistently.</p> <p>Some children can show high levels of skill in all aspects of a game while showing teamwork and fairplay.</p>