

The Winterton Federation Medium Term Plan

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

Term: Autumn Term

Year Group: 5

SUBJECT/SESSION	PE	
1	Invasion Games Passing and control	To send and control a ball. All children can send and control a ball. Most children can send and control a ball on the move. Some children execute a variety of passes consistently.
2	Invasion Accuracy	To shoot with accuracy. All children to know and use correct technique. Most children show accuracy. Some children consistently show accuracy.
3	Evasion	To apply evasive skills to game situations. All children can move into space. Most children can use evasive strategies. Some children know when evasion is necessary.
4	Attacking	To develop an awareness of tactics. All children can follow attacking/defensive instruction. Most children apply attacking/defensive strategies. Some children can develop own attacking/ defensive strategies.
5	Attack vs Defence	To use and apply principles to game situations. All children can react to an attack. Most children can use basic principles in attack in defence. Some children can use tactics in a game situation.
6	Attack vs Defence	To use and apply principles to game situations. All children can participate in games. Most children can evaluate own performance and demonstrate

		<p>teamwork.</p> <p>Some children show leadership qualities and flair game situations.</p>
7	<p>Athletics Indoor</p> <p>Jumping (week 1 and 2 on the scheme of work)</p>	<p>To improve quality of technique.</p> <p>All children know good technique and preferred task off foot.</p> <p>Most children can execute good technique,</p> <p>Some children can use good technique effectively.</p> <p>To increase power and control.</p> <p>All children can show elements of explosion.</p> <p>Most children can combine explosion with control.</p> <p>Some children show outstanding level of performance.</p>
8	<p>Sprinting and Running. (week 3 and 4 on the scheme of work)</p>	<p>To know the principles of sprinting.</p> <p>All children to use correct running technique.</p> <p>Most children can demonstrate ability to change speed.</p> <p>Some children can run with high levels of speed, agility and competitiveness.</p> <p>To run and endurance race effectively.</p> <p>All children can sustain a run at an appropriate pace.</p> <p>Most children can adapt pace to race situation.</p> <p>Some children use knowledge of tactics in a race situation.</p>
9	<p>Endurance running / Throwing (week 5 and 6 on the scheme of work)</p>	<p>To run endurance race effectively.</p> <p>All children can sustain a run at an appropriate pace.</p> <p>Most children can adapt pace at race situation.</p> <p>Some children use knowledge of tactics in a race situation.</p> <p>To refine throwing techniques.</p> <p>All children can use good techniques when throwing.</p> <p>Most children can consistently use good technique.</p> <p>Some children comment on improvement in themselves and others.</p>

10	OAA - Bench work	Children to use verbal / non-verbal communication to work as a team. Children will begin to solve physical problems. Children will need to listen carefully to instructions.
11/12	OAA - Assault course	Children to use verbal / non-verbal communication to work as a team. Children will begin to solve physical problems. Children will need to use apparatus to solve spatial tasks