

PE – Medium Term Planning YEAR 5

Each ½ term a total of 2 units must be delivered (each unit is approximately 10 hrs)

Year 5	
Autumn 1.1 - Unit: Hockey	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands how working with other's can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Develop teamwork skills whilst working with others. / 2)Explore honesty and its importance within PE and beyond. 3)Explore inclusion and what it looks like in PE and beyond.
Autumn 1.1 - Unit: Football	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands how working with other's can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Develop teamwork skills whilst working with others. / 2)Explore honesty and its importance within PE and beyond. 3)Explore inclusion and what it looks like in PE and beyond.
Autumn 1.2 - Unit: Dance through the ages	
Know	1)Can select and perform contrasting actions and compose a sequence. / 2)Can combine travel, turn, jump, gesture and stillness to convey events and emotions / 3)Can demonstrate positive behaviour when creating and rehearsing a sequence / 4)Can link at least four dance elements together in a pair to create a dance sequence / 5)Can create imaginative actions based on the different themes / 6)Can combine sequences to retell a poem
Show	1)Can exaggerate their body movements and shapes, as well as use facial expressions to describe language / 2)Can convey a character through movement / 3)Can use different travelling actions along varying pathways / 4)Can perform partner balance or shapes in a group dance / 5)Can suggest actions and demonstrate a movement idea to represent this / 6)Can include changes in formation, dynamics, canon, unison direction and level.

Grow	1)Can perform the dance to the best of their ability without assistants from others / 2)Can listen and follow instructions and know what is expected off them / 3)Can work collaboratively to produce a sequence / 4)Can give descriptive feedback to a partner using appropriate and relevant dance vocabulary / 5)Can understand what a good performance is / 6)Can improve their own performance based on feedback
Autumn 1.2 - Unit: Health related fitness	
Know Show Grow	refer to outcomes linked to lesson plans (children discuss and identify personal challenges)
Spring 1.1 - Unit: Swimming	
Know	
Show	
Grow	
Spring 1.1 - Unit: Swimming	
Know	
Show	
Grow	
Spring 2.1 - Unit: Swimming	
Know Show Grow	
Spring 2.1 - Unit: Swimming	
Know	
Show	
Grow	
Summer 3.1 - Unit: Rounders	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands how working with other’s can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Can strike a ball consistently when bowled at them and have a good range of shot selection / 2)Is proactive when fielding (positioning) and is successful in stopping and returning the ball with the correct technique/ 3)Shows accuracy consistently using the correct technique when returning a ball quickly

Grow	1)Explore the behaviours of a leader in PE and beyond. / 2)Explore how leaders can motivate others in PE and beyond. 3)Understand the importance of reflection in order to improve as a leader in PE and beyond.
Summer 3.1 - Unit: Tennis	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands that a consistent approach within a game will produce consistent results / 3)Knows what they need to do to improve and can offer advice to peers for their improvement
Show	1)Has a varied range of techniques when returning the ball / object / 2)Anticipates the opponents return and is prepared in a set 'ready' position / 3)Understands that returning a ball / object in a certain manner can effect the outcome of the game
Grow	1)Consider how positivity connects with resilience in PE and beyond. / 2)Understand how making little improvements can lead to better performance in PE and beyond./ 3)Consider how learning from others can support learning in PE and beyond.
Summer 3.2 - Unit: Tag Rugby	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary/ 2)Understands how working with other's can lead to individual and team success/ 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
grow	1)Develop teamwork skills whilst working with others. / 2)Explore honesty and its importance within PE and beyond. 3)Explore inclusion and what it looks like in PE and beyond.
Summer 3.2 - Unit: Athletics 5	
	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands that a consistent approach within an event / activity will produce consistent results / 3)Knows what they need to do to improve and can offer advice for team mates improvements
	1)Shows consistency, balance and control in taking off and landing all jumps / 2)Combine running / movement with the relevant techniques of throwing to improve distances / 3)Controls their running pace to be relevant to distance and use a good technique
	1)Be able to understand big targets and recognise benefits of setting big targets in PE and beyond. / 2)Be able to understand resilience and recognise why it is important to be resilient in PE and beyond. /3)Understand what 'work ethic' is and recognise the benefits of having a good work ethic, linking back to motivation.