



Physical Education

Medium Term Planning

Year 5



Key Concepts and Progression Overview



Invasion
Striking & Fielding
Net & Wall

EYFS

Combine different movements with ease and fluency

Develop and refine a range of ball skills

Year 1

To be able to throw and kick in different ways

To throw underarm, catch a ball consistently and strike a ball with a racket.

Year 2

To throw, hit or kick a ball with increasing accuracy and begin to use tactics in a game when attacking and

To use hand-eye coordination to control a ball and decide the best space to be in during a game

Year 3

To be aware of space and use it to support team-mates and to cause problems for the opposition

To throw and catch with control

To serve underarm and build up a rally

Year 4

To keep possession of a ball and vary tactics depending on what's happening in a game.

To catch with one hand and hit, bowl, throw and catch with increasing accuracy

Play a variety of shots and develop greater accuracy of strokes.

Year 5

To gain possession by working as a team, choose a tactic for attacking and defending and pass in different ways.

To use a range of techniques when fielding

Serve overarm, develop techniques for ground strokes, backhand and volleys

Year 6

Communicate a plan to a team, pass, dribble and shoot with control and accuracy and apply basic principles for attacking and defending

Play competitive games to agreed rules, use a range of techniques in a game situation.

Use different shots in a game situation to outwit an opponent



Progress towards a fluent style of moving

Perform dance moves

Change rhythm, speed, level and direction in a dance

Improvise freely and translate ideas from a stimulus into a movement

Dance to communicate an idea through a range of movements and patterns

Compose own dances in a variety of ways which shows clarity, fluency, accuracy and consistently

To develop sequences in a specific style



Develop body-strength, balance, coordination and agility

Control their body when travelling and balancing in different ways

Use balance, agility and coordination in a range of activities and perform a sequence of coordinated movements

Adapt sequences to suit different types of apparatus and criteria

Include a range of shapes in a sequence

To combine action, balance and shape to make complex extended sequences

Develop technical sequences in a specific style and demonstrate flexibility, strength, control and balance in a sequence.



Athletics

F2
Refine movement skills:
rolling, crawling,
walking, jumping,
running, hopping,
skipping, climbing

Year 1
Move by running and
jumping with control
and care
Throw and catch using
range of techniques

Year 2
Master basic throwing
and catching.
Master basic running
and jumping

Year 3
Show control, accuracy
and coordination within
running and jumping.
Take part in a relay

Year 4
Run over a long
distance and sprint a
short distance. Throw
in different ways and
jump in different ways

Year 5
Control their body
when taking off and
landing. Throw with
accuracy

Year 6
Combine a range of
running, jumping,
throwing, and catching
technique with control



Outdoor Adventurous

Follow a route within a familiar context. Use clues to follow a route safely

Follow a route within a familiar context. Use clues to follow a route safely

Follow a route within a familiar context. Use clues to follow a route safely

Follow a map in a familiar context. Use clues to follow a route safely

Follow a route within a time limit. Use a map and solve problems with greater confidence.

Follow a map to an unknown location. Use clues and a compass to navigate a route

Plan a route and a series of clues for someone else. Take part in challenges both individually and as a team



Swimming

Use a range of strokes effectively. To perform safe self-rescue. Swim competently and proficiently over at least 25m.

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Use a range of strokes effectively. To perform safe self-rescue. Swim competently and proficiently over at least 25m.



Evaluate

With support, identify a good performance

With support, identify a good performance

Identify a good performance and say why

Compare performances with previous ones, explaining differences and effectiveness

Confidently evaluate own performance and discuss improvements

Confidently evaluate own and others performances, discussing improvements verbally and written

Evaluate own and others performance discussing improvements to deliver a better performance



Leadership

Referee a game. Give tactical instructions to affect a game situation. Lead a warm up for a group

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Referee a game. Give tactical instructions to affect a game situation. Lead a warm up for a group

Confidently referee a game. Give tactical instructions to affect a game situation. Lead and effective warm up for a group

Year 5 PE—Yearly Overview

Autumn	Spring	Summer
<p>Team Games (Invasion)</p> 	<p>Outdoor & Adventure</p> 	<p>Team Games (striking & Fielding)</p> 
<p>Dance and Movement</p> 	<p>(Team Games) Net and Wall</p> 	<p>Athletics</p> 
<p>Gymnastics</p> 	<p>Evaluation</p> 	<p>Evaluation</p> 
<p>Evaluation</p> 	<p>Leadership</p> 	<p>Leadership</p> 
<p>Leadership</p> 		

Autumn Term



Team Games (invasion)

Autumn 1—All classes



<i>Prior Learning</i>	To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game.
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<i>End Points</i>	To be able to gain possession by working as part of a team To be able to pass in different ways To be able to choose a tactic for defending and attacking To be able to use a number of techniques to pass, dribble and shoot (verbally and written) To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group
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<i>Vocabulary</i>	Agility, Balance, Coordination, Stationary, Position, Fielding, Shield, Possession, Striking, Teamwork, Strengths, Weaknesses
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Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
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 	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	<p>Lesson 1</p> <p>Revisit prior learning (Year 4)</p>	<p>OO: To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game. To be able to confidently evaluate my own performance and discuss improvements#</p> <p>LO: To maintain possession and progress towards a target within a competitive game</p>	<p>Competitive game</p>	<p>Footballs Cones Bibs Pop up goals</p>
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Autumn Term

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 2	<p>OO: To be able to use a number of techniques to pass, dribble and shoot (verbally and written) To be able to pass in different ways</p> <p>OO: Evaluate-To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>LO: I am able to independently and as part of a team keep possession of the ball.</p> <p>LO: Evaluate-I am able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Attacking and defending (to create and apply tactics to maintain and regain possession) Maintain (keep possession)</p>	<p>Footballs Cones Bibs</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 3	<p>OO: To be able to gain possession by working as part of a team</p> <p>OO: Evaluation- To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>LO: I can defend and keep the ball to regain possession.</p> <p>LO: Evaluation- I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Attacking and defending (to create and apply tactics to maintain and regain possession) Regain (defending, keeping the ball)</p>	<p>Footballs Cones Bibs</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 4	<p>OO: To be able to choose a tactic for defending and attacking</p> <p>OO: Evaluation-To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>OO: Leadership -To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can reflect and make appropriate decisions around attacking and defending.</p> <p>LO: Evaluation-I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>LO: Leadership—I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation I am able to lead an effective warm up for a group</p>	<p>Attacking and defending (to create and apply tactics to maintain and regain possession) Reflect (decisions around attacking and defending)</p>	<p>Footballs Cones Bibs</p>

Autumn Term

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  		Lesson 5	<p>OO: To be able to use a number of techniques to pass, dribble and shoot (verbally and written)</p> <p>To be able to pass in different ways</p> <p>To be able to gain possession by working as part of a team</p> <p>To be able to choose a tactic for defending and attacking</p> <p>OO: Evaluation-To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>LO: I am able to independently and as part of a team keep possession of the ball.</p> <p>I can defend and keep the ball to regain possession.</p> <p>I can reflect and make appropriate decisions around attacking and defending.</p> <p>LO: Evaluation-I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Attacking and defending</p> <p>(to create and apply tactics to maintain and regain possession)</p> <p>Link—maintain, regain, reflect</p> <p>Competitive games</p>	<p>Footballs</p> <p>Cones</p> <p>Bibs</p> <p>Pop up goals</p>
		Lesson 6	<p>OO: To be able to use a number of techniques to pass, dribble and shoot (verbally and written)</p> <p>To be able to pass in different ways</p> <p>To be able to gain possession by working as part of a team</p> <p>To be able to choose a tactic for defending and attacking</p> <p>OO: Evaluation-To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>LO: I am able to independently and as part of a team keep possession of the ball.</p> <p>I can defend and keep the ball to regain possession.</p> <p>I can reflect and make appropriate decisions around attacking and defending.</p> <p>LO: Evaluation-I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Attacking and defending</p> <p>(to create and apply tactics to maintain and regain possession)</p> <p>Assessment week—maintain, regain, reflect</p> <p>Competitive game</p>	<p>Footballs</p> <p>Cones</p> <p>Bibs</p> <p>Pop up goals</p>

Autumn Term

Dance & movement and Gymnastics

Autumn 2– 5RY & 5LC

Spring 1 5EG



<i>Prior Learning</i>	<p>To be able to use dance to communicate an idea through a range of movements and patterns</p> <p>To be able to include change of speed and direction with control</p> <p>To be able to include a range of shapes in a sequence</p> <p>To be able to work with a partner to create, repeat and improve a sequence with at least three phases</p> <p>To be able to confidently evaluate my own performance and discuss improvements</p>
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<i>End Points</i>	<p>To be able to compose my own dances in a creative ways</p> <p>To be able to perform to an accompaniment</p> <p>To be able to perform a dance which shows clarity, fluency, accuracy and consistency</p> <p>To be able to make complex extended sequences</p> <p>To combine action, balance and shape</p> <p>To perform consistently to different audiences</p> <p>To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>To be able to confidently referee a game applying my knowledge of the rules effectively</p> <p>To be able to give tactical instructions to affect a game situation</p> <p>To be able to lead an effective warm up for a group</p>
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<i>Vocabulary</i>	<p>Idea, Roles, Timings, Improvise, Sequence, Precision, Motifs, Spatial awareness, Control, Fluency, Flexibility</p> <p>Improvise, Sequence, Precision, Motifs, Spatial awareness, Control, Fluency, Flexibility, Mobility, Fluid, Balance</p>
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Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
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 	<p><i>Competence</i></p> <p><i>Performance</i></p> <p><i>Creativity,</i></p> <p><i>Healthy,</i></p> <p><i>active lifestyle</i></p> <p><i>Evaluation and analysis</i></p>	<p>Lesson 1</p> <p>Dance</p>	<p>OO: To be able to compose my own dances in a creative ways</p> <p>To be able to perform to an accompaniment</p> <p>To be able to perform a dance which shows clarity, fluency, accuracy and consistency</p> <p>Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>Leadership: To be able to lead an effective warm up for a group</p> <p>OO: I can compose my own dances in a creative ways</p> <p>I can perform to music</p> <p>I can perform a dance which shows clarity, fluency, accuracy and consistency</p> <p>Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>Leadership: I can lead an effective warm up for a group</p>	<p>Combine and sequence movement patterns</p> <p>(Compose creative sequences linked to a stimulus that demonstrate fluency)</p> <p>Compose, Connect, Flow</p>	<p>Mats</p> <p>Music</p> <p>Picture Stimulus</p> <p>Ribbon</p>
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Autumn Term

Dance & movement and Gymnastics

Autumn 2– 5RY & 5LC

Spring 1 5EG



Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 2 Dance	OO: To be able to compose my own dances in a creative ways To be able to perform to an accompaniment To be able to perform a dance which shows clarity, fluency, accuracy and consistency Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group OO: I can compose my own dances in a creative ways I can perform to music I can perform a dance which shows clarity, fluency, accuracy and consistency Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group	Combine and sequence movement patterns (Compose creative sequences linked to a stimulus that demonstrate fluency) Link- Compose, Connect, Flow	Mats Music Picture Stimulus Ribbon
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 3 Dance	OO: To be able to compose my own dances in a creative ways To be able to perform to an accompaniment To be able to perform a dance which shows clarity, fluency, accuracy and consistency Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group OO: I can compose my own dances in a creative ways I can perform to music I can perform a dance which shows clarity, fluency, accuracy and consistency Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group	Combine and sequence movement patterns (Compose creative sequences linked to a stimulus that demonstrate fluency) Perform- Compose, Connect, Flow	Mats Music Picture Stimulus Ribbon




Autumn Term

Dance & movement and Gymnastics

Autumn 2– 5RY & 5LC

Spring 1 5EG



Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 4 Gymnastics</p>	<p>OO: To combine action, balance and shape To be able to make complex extended sequences To perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p> <p>OO: To combine action, balance and shape To be able to make complex extended sequences To perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p>	<p>Combine and sequence movement patterns</p> <p>(Combine and extend movement sequences and perform this to an audience)</p> <p>Combine, Extend, Perform</p>	<p>Mats Benches Agility Tables Activity Cards</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 5 Gymnastics</p>	<p>OO: To combine action, balance and shape To be able to make complex extended sequences To perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p> <p>OO: To combine action, balance and shape To be able to make complex extended sequences To perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p>	<p>Combine and sequence movement patterns</p> <p>(Combine and extend movement sequences and perform this to an audience)</p> <p>Link—Combine, Extend, Perform</p>	<p>Mats Benches Agility Tables Activity Cards</p>




Autumn Term

Dance & movement and Gymnastics

Autumn 2– 5RY & 5LC

Spring 1 5EG



Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 <p style="text-align: center;">Gymnastics</p>  <p style="text-align: center;">Evaluate</p>  <p style="text-align: center;">Leadership</p>	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	<p>Lesson 6 Gymnastics Final assessment Week</p>	<p>OO: To combine action, balance and shape To be able to make complex extended sequences To perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p> <p>LO: I can combine action, balance and shape I am able to make complex extended sequences I can perform consistently to different audiences Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group</p>	<p>Combine and sequence movement patterns</p> <p>(Combine and extend movement sequences and perform this to an audience)</p> <p>Perform—Combine, Extend, Perform</p>	<p>Mats Benches Agility Tables Activity Cards</p>

Spring Term



Outdoor & Adventure

Spring 1– 5RY & 5LC

Autumn 2—5EG



<i>Prior Learning</i>	<p>To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others</p> <p>To be able to follow a route within a time limit</p> <p>To be able to confidently evaluate my own performance and discuss improvements</p>
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<i>End Points</i>	<p>To confidently orientate myself and others to solve problems in unfamiliar environments</p> <p>To be able to follow a map into an unknown location</p> <p>To be able to use clues and a compass to navigate a route</p> <p>To be able to confidently referee a game applying my knowledge of the rules effectively</p> <p>To be able to give tactical instructions to affect a game situation</p> <p>To be able to lead an effective warm up for a group</p>
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<i>Vocabulary</i>	Conditions, Adapt, Orientate, Orientate, Compass, Navigate, Component, Sequence, Accuracy, Control
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Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 1</p> <p>Revisit Prior Learning</p>	<p>OO: To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others</p> <p>To be able to follow a route within a time limit</p> <p>Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can work in a team and individually to use a map and solve problems</p> <p>I can follow a route within a time limit</p> <p>Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Compete and Cooperate</p> <p>(Work individually and as part of a team to solve problems within a specific time)</p> <p>Solve, Speed, Solve</p>	<p>Map</p> <p>Markers</p> <p>Stop Watch</p> <p>Clipboard</p>

Spring Term



Outdoor & Adventure

Spring 1– 5RY & 5LC

Autumn 2—5EG

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	Lesson 2	<p>OO: To confidently orientate myself and others to solve problems in unfamiliar environments Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can confidently orientate myself and others to solve problems in unfamiliar environments Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Compete and Cooperate (Orientate myself and others using a map to navigate to different locations) Orientate</p>	<p>Map Clip boards Markers Cones</p>
	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	Lesson 3	<p>OO: To be able to follow a map into an unknown location Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can follow a map to an unknown location Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Compete and Cooperate (Orientate myself and others using a map to navigate to different locations) Locate</p>	<p>Map Clip boards Markers Cones</p>




Spring Term



Outdoor & Adventure

Spring 1– 5RY & 5LC

Autumn 2—5EG

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 4	<p>OO: To be able to use clues and a compass to navigate a route Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can use a compass and clues to follow a route Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Compete and Cooperate (Orientate myself and others using a map to navigate to different locations) Navigate</p>	<p>Map Clip boards Markers Cones Compass Stop Watches</p>
	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 5	<p>OO: OO: To be able to use clues and a compass to navigate a route To be able to follow a map into an unknown location To confidently orientate myself and others to solve problems in unfamiliar environments Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can use a compass and clues to follow a route I can confidently orientate myself and others to solve problems in unfamiliar environments I can follow a map to an unknown location Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Compete and Cooperate (Orientate myself and others using a map to navigate to different locations) Link– Orientate, Locate, Navigate</p>	<p>Map Clip boards Markers Cones Compass Stop Watches</p>

Spring Term



Outdoor & Adventure

Spring 1– 5RY & 5LC

Autumn 2—5EG

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 6 Final Assessment Week</p>	<p>OO: OO: To be able to use clues and a compass to navigate a route To be able to follow a map into an unknown location To confidently orientate myself and others to solve problems in unfamiliar environments Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can use a compass and clues to follow a route I can confidently orientate myself and others to solve problems in unfamiliar environments I can follow a map to an unknown location Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Compete and Cooperate (Orientate myself and others using a map to navigate to different locations) Orientate, Locate, Navigate</p>	<p>Map Clip boards Markers Cones Compass Stop Watches</p>

Spring Term



Net and Wall

Spring 2– All classes



<i>Prior Learning</i>	To be able to play a variety of shots To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes To be able to confidently evaluate my own performance and discuss improvements
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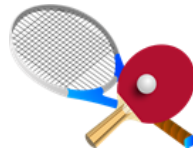
<i>End Points</i>	To develop techniques for ground strokes and volleys To develop a backhand technique and use it in a game To be able to serve overarm To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group
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<i>Vocabulary</i>	Tactics, Timings, Strategy,
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Key Concept	Second Order	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
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	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 1</p> <p>Revisit prior learning</p>	<p>OO: To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes To be able to play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can successfully use the correct grip on a racket I have achieved a greater accuracy of strokes I can play a variety of shots</p> <p>Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Link-Ready, aim, strike</p>	<p>Tennis rackets</p> <p>Tennis balls</p> <p>Cones</p> <p>Hoops</p> <p>Bean bags</p>
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Spring Term



Net and Wall




Spring 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 2	<p>OO: To develop techniques for groundstrokes and volleys To develop a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p> <p>LO: I have developed techniques for groundstrokes I have developed a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Stroke</p>	<p>Tennis rackets</p> <p>Balls</p> <p>Cones</p> <p>Nets</p>
		Lesson 3	<p>OO: To develop techniques for groundstrokes and volleys To develop a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p> <p>LO: I have developed techniques for volleys I have developed a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Volley</p>	<p>Tennis rackets</p> <p>Balls</p> <p>Cones</p> <p>Nets</p>

Spring Term






Net and Wall Spring 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 4	<p>OO: To be able to serve overarm Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p> <p>LO: To be able to serve overarm Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group I can give tactical instructions to affect a game situation</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Serve</p>	<p>Tennis rackets Tennis balls Cones Nets</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 5	<p>OO: To be able to serve overarm To develop techniques for groundstrokes and volleys To develop a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p> <p>LO: To be able to serve overarm I have developed techniques for groundstrokes I have developed a backhand technique and use it in a game Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group I can give tactical instructions to affect a game situation</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Link-Stroke, Volley, Serve</p>	<p>Tennis rackets Tennis balls Cones Nets</p>

Spring Term



Net and Wall Spring 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 6 Final Assessment Week</p>	<p>OO: To be able to serve overarm To develop techniques for groundstrokes and volleys To develop a backhand technique and use it in a game Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group To be able to give tactical instructions to affect a game situation</p> <p>LO: To be able to serve overarm I have developed techniques for groundstrokes I have developed a backhand technique and use it in a game Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group I can give tactical instructions to affect a game situation</p>	<p>Agility, Balance and coordination</p> <p>(To apply a variety of striking techniques within a modified game)</p> <p>Stroke, Volley, Serve</p>	<p>Tennis rackets Tennis balls Cones Nets</p>

Summer Term

Striking & Fielding

Summer 1– All classes



<i>Prior Learning</i>	To be able to catch with one hand To be able to hit, bowl, throw and catch with increasing accuracy To be able to vary my tactics and adapt my skills depending on what is happening in a game To be able to confidently evaluate my own performance and discuss improvements
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<i>End Points</i>	To be able to use a range of techniques when fielding To be able to hit, throw, bowl and catch accurately and with control To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group
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<i>Vocabulary</i>	Games, Discuss, Plan, Teamwork, Technique, Objectives, Fielding, Positioning, Team
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Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
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	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 1 Revisit Prior Learning 	OO: To be able to hit, bowl, throw and catch with increasing accuracy To be able to catch with one hand To be able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I can hit, bowl, throw and catch with increasing accuracy I can catch an object/ball with one hand I am able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: I can confidently evaluate my own performance and discuss	<p>Striking and Fielding</p> (To apply sending and catching skills within a modified game to achieve success) Send, Combine, Apply	Cones Bats/rackets Balls Bean bags
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Summer Term

Striking & Fielding

Summer 1– All classes






Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 2	<p>OO: To be able to hit, throw, bowl and catch accurately and with control Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can hit, throw, bowl and catch accurately and with control Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation</p>	<p>Striking and Fielding (Use sending and fielding techniques with accuracy to achieve an objective) Send</p>	<p>Cones Bats/rackets Balls Rounders bases</p>
	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 3	<p>OO: To be able to use a range of techniques when fielding Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can use different techniques when fielding. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation</p>	<p>Striking and Fielding (Use sending and fielding techniques with accuracy to achieve an objective) Fielding</p>	<p>Cones Bats/rackets Balls Rounders bases</p>

Summer Term



Striking & Fielding

Summer 1– All classes




Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 4</p>	<p>OO: To be able to hit, throw, bowl and catch accurately and with control To be able to use a range of techniques when fielding Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can hit, throw, bowl and catch accurately and with control I can use different techniques when fielding. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation</p>	<p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">(Use sending and fielding techniques with accuracy to achieve an objective)</p> <p style="text-align: center;">Refine</p>	<p>Cones Bats/rackets Balls Rounders bases</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 5</p>	<p>OO: To be able to hit, throw, bowl and catch accurately and with control To be able to use a range of techniques when fielding Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can hit, throw, bowl and catch accurately and with control I can use different techniques when fielding. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation</p>	<p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">(Use sending and fielding techniques with accuracy to achieve an objective)</p> <p style="text-align: center;">Link-Send, Field, Refine.</p>	<p>Cones Bats/rackets Balls Rounders bases</p>

Summer Term



Striking & Fielding

Summer 1– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
  	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	<p>Lesson 6 Final Assessment Week</p>	<p>OO: To be able to hit, throw, bowl and catch accurately and with control To be able to use a range of techniques when fielding Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>LO: I can hit, throw, bowl and catch accurately and with control I can use different techniques when fielding. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can confidently referee a game applying my knowledge of the rules effectively I can give tactical instructions to affect a game situation I can lead an effective warm up for a group</p>	<p>Striking and Fielding (Use sending and fielding techniques with accuracy to achieve an objective) Send, Field, Refine.</p>	<p>Cones Bats/rackets Balls Rounders bases</p>

Summer Term



Athletics

Summer 2– All classes



Prior Learning

To be able to run over a long distance and sprint a short distance
 To be able to throw in different ways and hit a target
 To be able to jump in different ways

End Points

To be able to control my body when taking off and landing
 To be able to throw with accuracy
 To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)
 To be able to confidently referee a game applying my knowledge of the rules effectively
 To be able to give tactical instructions to affect a game situation
 To be able to lead an effective warm up for a group

Vocabulary

Combinations, Similarities, Technique, Differentiation, Coordination, Approach

Key Concept

**Second
Order
Concepts**

**Lesson
Sequence**

Learning Objectives

**Domain
knowledge**

Resources

Athletics

Evaluate

**Competence
Performance
Creativity,
Healthy,
active lifestyle
Evaluation and
analysis**

Lesson 1
Revisit Prior
learning



OO: To be able to run over a long distance and sprint a short distance
 To be able to jump in different ways
 To be able to throw in different ways and hit a target
 Evaluate: To be able to confidently evaluate my own performance and discuss improvements.
 LO: I can run over a long distance.
 I can sprint over a short distance.
 I can jump in different ways.
 I can throw in different ways and hit a target
 Evaluate: I can confidently evaluate my own performance and discuss improvements.

**Fundamental Movements &
Personal Best**
 Run, throw and jump in a
 variety of ways with
 proficiency
 Travel, throw, apply

Cones
 Hurdles
 Jump mats
 Measuring tape.
 Objects to throw
 Various targets

Summer Term

Athletics

Summer 2– All classes



Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain knowledge	Resources
 Athletics	<i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i>	Lesson 2	OO: To be able to control my body when taking off and landing Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group . LO: I can control my body when taking off two footed, standing take-off and one footed, running take-off. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group .	Fundamental Movements & Personal Best (To jump, land and throw accurately) Take off	Cones Mats Hurdles
		Lesson 3	OO: To be able to control my body when taking off and landing. Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group . LO: I can control my body when landing. I can land safely and with control. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group .	Fundamental Movements & Personal Best (To jump, land and throw accurately) Land	Cones Mats Hurdles
		Lesson 4	OO: To be able to throw with accuracy Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group . LO: I can throw with accuracy and control. I am consistently successful with hitting a target. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: I can lead an effective warm up for a group .	Fundamental Movements & Personal Best (To jump, land and throw accurately) Throw	Objects to throw Targets Measuring tape Cones






Summer Term



Athletics

Summer 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain knowledge	Resources
 Athletics  Evaluate  Leadership	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 5</p>	<p>OO: To be able to control my body when taking off and landing To be able to throw with accuracy Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group .</p> <p>LO: I can control my body when taking off two footed, standing take-off and one footed, running take-off. I can control my body when landing. I can land safely and with control. I can throw with accuracy and control. I am consistently successful with hitting a target. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Fundamental Movements & Personal Best (To jump, land and throw accurately) Link-Take off, Land, Throw</p>	<p>Cones Mats Hurdles Objects to throw Targets Measuring tape Cones</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 6 Final Assessment Week</p>	<p>O: To be able to control my body when taking off and landing To be able to throw with accuracy Evaluate: To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) Leadership: To be able to lead an effective warm up for a group .</p> <p>LO: I can control my body when taking off two footed, standing take-off and one footed, running take-off. I can control my body when landing. I can land safely and with control. I can throw with accuracy and control. I am consistently successful with hitting a target. Evaluate: I can confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p>	<p>Fundamental Movements & Personal Best (To jump, land and throw accurately) Take off, Land, Throw</p>	<p>Cones Mats Hurdles Objects to throw Targets Measuring tape Cones</p>