

Medium Term Plan – PE - Year 5 Autumn 1 Coordination (ball skills) and Agility (reaction/response)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Stand with legs apart and move a ball around alternate legs 16 times with: <i>control of the ball maintained throughout.</i> <i>ability to complete challenges in both directions consistently and smoothly.</i> <i>smooth movements with the ball.</i> From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on alternate leg with: <i>quick reaction.</i> <i>quick, controlled movement.</i> <i>control when slowing down after catch.</i>	Lessons 1-3 (Coordination) In 20 seconds or less: Stand with legs apart and move ball in figure of 8 around both legs 12 times. Move ball around waist into figure of 8 around both legs 10 times. Move ball around waist and then around alternate legs 12 times with: <i>Smooth movements with the ball.</i> <i>Ability to complete challenges in both directions consistently and smoothly.</i> <i>Fluidity when changing hands.</i> Lessons 4-6 (Agility) React and step across body, bring hand across body and catch tennis ball after 1 bounce with: <i>Quick reaction and good acceleration.</i> <i>Quick, controlled movement.</i> <i>Balance and control after catch</i>	Lessons 1-3 Keep ball moving and away from body. Keep head up, looking forward. Concentrate on performing the movements smoothly to begin with and then gradually increase their speed. Lessons 4-6 In the ready position, start quickly and accelerate by pushing off hard with feet. React and move early to give you time to get balanced. Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position.	Lessons 1-3 Waist Criss-cross catches bounce direction Figure of 8 Complete Fluidity Lessons 4-6 Pushing off hard Extend React	Warm up (all change) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (all change) Game (endball) Skill (reaction/response) Review method (secret stats) Warm up (all change) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (Gate masters) Game (endball) Skill (reaction/response) Review method (secret stats) Warm up (Gate masters) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (Gate masters) Game (endball) Competition (round robin) Review method (secret stats)

Medium Term Plan – PE - Year 5 Autumn 2 Dynamic balance (on a line) and Counter balance (with a partner)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Walk fluidly, lifting knees and using heel to toe landing Walk fluidly, lifting heels to bottom and using heel to toe landing with: smooth, controlled movements and minimum wobble. balance maintained on the line. opposite arm and leg moving forwards smoothly. Perform both red challenges (Y3) with eyes closed with: balance maintained throughout.	Lessons 1-3 (Dynamic balance) Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with: Balance maintained on the line. Opposite arm and leg driving forwards. Fluidity and minimum wobble.	Lessons 1-3 Keep head still and back straight. Use arms to help you move and balance as you walk, bringing them from 'hips to lips'. Practise the movement slowly at first movements. Lessons 4-6 Keep core muscles tight. Keep body straight, looking at partner throughout, and hold balance. Start by leaning in and then slowly lean back using smooth, controlled movements.	Lessons 1-3 Heel to bottom Extend Lunge 90° angle Sink hips Driving Lessons 4-6 Controlled Counterbalance Movements	Warm up (shape up) Game (steal the treasure) Skill (on a line) Review method (roles on a bus) Warm up (shape up) Game (steal the treasure) Skill (with a partner) Review method (roles on a bus) Warm up (shape up) Game (steal the treasure) Skill (on a line) Review method (roles on a bus) Warm up (shadow play) Game (steal the treasure) Skill (with a partner) Review method (roles on a bus) Warm up (shadow play) Game (steal the treasure) Skill (on a line) Review method (roles on a bus)

smooth, controlled movements. coordinated and controlled movements with partner.	Smooth, controlled movements. Coordinated movements with partner.			Warm up (shadow play) Game (steal the treasure) Competition (round robins) Review method (roles on a bus)
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Medium Term Plan – PE - Year 5 Spring 1 Static balance (stance) Coordination (footwork)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Static balance)	Lessons 1-3	Lessons 1-3	Warm up (High baby) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
Raise alternate knees 5 times.	Raise alternate knees to opposite elbow 5 times.	Keep feet a shoulder width apart and bend knees.	Opposite	
Catch ball at chest height and throw it back with:	Catch large ball thrown at knee height and above head with:	Keep head up looking forward.	Thrown	
both feet facing forwards.	Balance maintained throughout.	Use smooth, controlled movements by twisting body to catch the ball.	Knee height	Warm up (High baby) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
balance maintained throughout	Minimum wobble (control).	Lessons 4-6	Posture	
minimum wobble (control).	Good posture (head up/back straight).	Keep head up and back straight throughout.	Lessons 4-6	Warm up (High baby) Game (Dodgeball) Skill (Footwork) Review Method (Badge of honour)
Move in a 3-step zigzag pattern backwards with:	Lessons 4-6 (Coordination)	Keep feet close to the ground as you move.	Knee raise	
	Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with:	Bend knees and use arms to help you balance.	Fluent	
	Smooth, controlled movements.		Consistent	Warm up (Pass it on) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
			Maximum speed	

balance and control throughout. fluent and smooth movements. movements performed in both directions/on both sides.	Fluency and rhythm. Movements performed in both directions/on both sides.		Rhythm Perform Across	Warm up (Pass it on) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
				Warm up (Pass it on) Game (Dodgeball) Competition (Bump ladder/ladder) Review Method (Badge of honour)

Medium Term Plan – PE - Year 5 Spring 2 Static balance (seated) and Static balance (floorwork)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Sit in a dish shape and hold it for 5 seconds with: feet and hands off the floor throughout. minimum wobble. balance held without strain.	Lessons 1-3 (Static balance/seated) Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with: Feet and hands off the floor throughout.	Lessons 1-3 Keep legs, back and arms straight. Use smooth, controlled movements. Keep core muscles tight. Lessons 4-6 Keep back straight and flat/Tummy up	Lessons 1-3 Arm's distance Stability Performance V-shape Repeatable	Warm up (Like clockwork) Game (Seated Volleyball) Skill (Seated) Review Method (comfort, stretch, panic) Warm up (Like clockwork) Game (Seated Volleyball) Skill (Floor work) Review Method (comfort, stretch, panic) Warm up (Like clockwork) Game (Seated Volleyball) Skill (Seated)

I can transfer a cone on and off my back in full front support with: balance maintained throughout. I correct position held by keeping back straight. control when changing balance/position.	Minimum wobble. Balance held without strain. Lessons 4-6 (Static balance/floorwork) Transfer tennis ball on and off back in a front support with: Good posture straight back. Balance held without strain. Control while transferring objects.	Keep legs straight and stretched out and breathe slowly. Keep core muscles tight and posture aligned.	Strain	Review Method (comfort, stretch, panic)
			Lessons 4-6	Warm up (Balance dice frenzy) Game (Seated Volleyball) Skill (Floor work) Review Method (comfort, stretch, panic)
			Back support	
			Strain Control	Warm up (Balance dice frenzy) Game (Seated Volleyball) Skill (Seated) Review Method (comfort, stretch, panic)
			Posture	
			Stretched	Warm up (Balance dice frenzy) Game (Seated Volleyball) Competition (Bump/Ladder) Review Method (comfort, stretch, panic)

Medium Term Plan – PE - Year 5 Summer 1 Dynamic balance to agility (Jumping and landing) and Static balance (one leg)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Complete a tucked jump with 180° turn in either direction with: <i>good take off and height.</i> <i>balance and control on landing.</i> <i>soft landings.</i> Complete 5 squats. Complete 5 ankle extensions with: <i>minimum wobble (control).</i> <i>smooth, controlled movements.</i> <i>non-standing foot off the floor</i>	Lessons 1-3 (Dynamic balance) Jump 2 feet to 2 feet forwards, backwards and side-to-side. Hop forward and backwards, freezing on landing. Jump 1 foot to other forwards and backwards, freezing on landing with: <i>Good take off and height.</i> <i>Balance and control on landing.</i> <i>Soft and controlled landings.</i> Lessons 4-6 (Static balance) Stand still on uneven surface for 30 seconds. Stand still on uneven surface for 30 seconds with: <i>eyes closed.</i>	Lessons 1-3 Swing arms to help gain height and use them to help balance on landing. Bend knees on take-off and landing. Land softly on balls of feet without noise, facing forward. Lessons 4-6 Stability. Smooth, controlled movements. Consistent performance	Lessons 1-3 Maintain Forwards Freeze Backwards Side-to-side Lessons 4-6 Keep your tummy (core muscles) tight. Use your arms to help you balance. Use smooth, controlled movements	Warm up (Continuous throwing relay) Game (Jumpball) Skill (Jumping and landing) Review Method (Gift cards) Warm up (Continuous throwing relay) Game (Jumpball) Skill (one leg) Review Method (Gift cards) Warm up (Continuous throwing relay) Game (Jumpball) Skill (Jumping and landing) Review Method (Gift cards) Warm up (Ball champs) Game (Jumpball) Skill (one leg) Review Method (Gift cards) Warm up (Ball champs) Game (Jumpball) Skill (Jumping and landing) Review Method (Gift cards) Warm up (Ball champs) Game (Jumpball) Competition (Round Robins) Review Method (Gift cards)

Medium Term Plan – PE - Year 5 Summer 2 coordination (Sending and receiving) and Agility (ball chasing)

Length of unit - 6 Sessions

	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning Roll 2 balls alternately using both hands, sending 1 as the other is returning with: <i>accuracy and weight when sending.</i> <i>a good position when receiving.</i> <i>fluency/rhythm throughout.</i> Complete both red challenges (Y3) with tennis ball with: <i>control when starting and stopping quickly.</i> <i>timing and movement to get in the right position.</i> <i>balance/control when collecting the ball.</i>	Lessons 1-3 (Coordination) Alternately throw and catch 2 tennis balls against a wall Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with: <i>accuracy and weight of throws.</i> <i>fluency/rhythm throughout.</i> <i>a good position when receiving.</i>	Lessons 1-3 I Explore the strength of your throw to work out how much force is needed. Take up a balanced position, making sure hands are in a good ready position. Try repeating several times. movements. Lessons 4-6 Start quickly by pushing off hard with feet and by driving arms ('hips to lips'). Slow down to get into position. Run well past the ball to give you more time. Get into a stable position as early as you can. Move feet quickly to get into the collecting position.	Lessons 1-3 Cross-over Opposite Consistency Circuit Fluency Repeatable Lessons 4-6 Long barrier Topping Knee sideways	Warm up (Team juggling) Game (Throlf) Skill (Sending and receiving) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Skill (Ball chasing) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Skill (Sending and receiving) Review Method (Always, sometimes, rarely) Warm up (Inside out) Game (Throlf) Skill (Ball chasing) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Skill (Sending and receiving) Review Method (Always, sometimes, rarely)

	Balance/control when collecting the ball.			Warm up (Team juggling) Game (Throlf) Competition (Levelling the playing field) Review Method (Always, sometimes, rarely)
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