

MTP PE Year 5	Autumn 1 and 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Topic title – Swimming</b></p> <p><b>Key Knowledge –</b>            Freestyle / front crawl - This is the fastest style used in competitive swimming. You swim face-down and circle your arms forwards through the air and backwards through the water while doing the flutter kick.            Breaststroke - In this style you swim with your chest facing down and push your arms ahead under the water and then pull yourself forwards while doing the frog kick.            Butterfly - In this style you rotate both arms forward just above the water and then use them to pull your body through the water while lifting your chest and head into the air. At the same time you propel your body forward with a</p>	<p><b>Topic title – Balances, Shapes and Sequences</b></p> <p><b>Key Knowledge –</b> Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control.            In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.            In upper KS2 gymnastics, we develop our understanding of compositional principles, e.g. applying previously learnt movements and holds with variations in level, direction and pathway. We work in larger groups, using formations to develop aesthetics (the way performances look), and put our ideas together into more complex sequences.</p> <p><b>Key Skills –</b>            I can create complex and well executed sequences that include a range of movements:            -travelling            -balances -            swinging            -bending            -stretching            -twisting            -gestures</p>	<p>Topic – Gymnastics - apparatus</p> <p>Key Knowledge –            Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control.            In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. In upper KS2 gymnastics, we develop our understanding of compositional principles, e.g. applying previously learnt movements and holds with variations in level, direction and pathway. We work in larger groups, using formations to develop aesthetics (the way performances look), and put our ideas</p>	<p><b>Topic title – Rounders</b></p> <p><b>Key Knowledge –</b>            Rounder is a bat and ball game played between two teams. It is a striking and fielding game. It involves batting, (hitting a ball with a bat) and running around a circuit of bases.            -Opponents use fielding to prevent the batter running around the circuit. This involves catching, tracking and stopping the ball, and throwing it to others.            -When fielding, it is important to work as a team, thinking about our position &amp; the position of others.            -We should always follow the rules and correct techniques of</p>	<p><b>Topic title – Athletics</b></p> <p><b>Key Knowledge –</b>            Athletics is the name for a group of sporting events that require strength, endurance and skill. Athletics tests the skills of running, jumping and throwing, and includes track and field events.            Track events involve running and sprinting. Examples are the 100 metre sprint, 110 metre hurdles, the 400 metres and the 1500 metres.            Field events often use skills like jumping (for distance and height) and throwing (for distance and accuracy). Examples include the long jump, the high jump, the shot-put throw and the javelin.</p>

	<p>rhythmic leg movement called the dolphin kick.</p> <p>Backstroke - The arm and leg movements are like those used in freestyle but with the arms rotating backwards instead of forwards. Backstroke races are the only ones that don't begin with swimmers diving into the water. They begin with swimmers pushing off from the wall of the pool after taking position side-by-side in the water.</p> <p><b>Key Skills</b> - I can swim between 25 and 50m unaided I can rescue in different water based situations, I can use breaststroke, front crawl and backstroke, ensuring that breathing is correct</p> <p><b>Key Vocabulary</b> – backstroke, front crawl, freestyle, butterfly, breaststroke, breathing, floating, survival, jump, dive</p>	<p>-linking shapes</p>	<p>together into more complex sequences.</p> <p>Key Skills – I can create complex and well executed sequences that include a range of movements: - springing -flight - vaults -inversions - rotations -hold shapes that are strong, fluent and expressive. I can practice and refine the gymnastic techniques listed above I can use equipment to vault and to swing, remaining upright.</p> <p>Key Vocabulary – Gymnastics, Composition, Principles, Formations, Aesthetics, Sequences, Backward Roll, Counter Balance, Cartwheel, Headstand, Vault, Responsibility, Collaboration</p> <p>Fundamental Movements Balance</p>	<p>striking and fielding to stay safe</p>	
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			on 1 foot Forward Roll climb Bench Walk		
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		<p>I can link sequences of movements effectively  I can practice and refine gymnastic techniques  I demonstrate good  Kinaesthetic awareness</p> <p><b>Key Vocabulary –</b>  Gymnastics, Composition, Principles, Formations, Aesthetics, Sequences, Backward Roll, Counter Balance, Cartwheel, Headstand, Vault, Responsibility, Collaboration</p> <p><b>Fundamental Movements</b>  Balance on 1 foot  Forward Roll  Climb  Bench Walk</p>		<p><b>Key Skills –</b>  I can strike a bowled or volleyed ball with increasing accuracy  I can field, defend and attack tactically by anticipating the direction of play. I can lead others when called upon. I am a good role model to others</p> <p><b>Key Vocabulary –</b>  Rounders, Fielding, Throwing, Stumping, Striking, Tracking, Bowler, Batter, Backstop, Collaboration, Honesty, Fair Play, Persevering</p> <p><b>Fundamental Movements</b>  Underarm Throw  Over arm Throw  Catch Small ball  1 Handed Strike</p>	<p><b>Key Skills –</b>  I can choose the best place for running over a variety of distances  I show control in take-off and landing when jumping I compete with others and keep track of personal best performances, setting challenging targets for improvement</p> <p><b>Key Vocabulary –</b>  Athletics, Pace, Stamina, Endurance, Maintain, Respiration, Discus, Overhand, Triple Jump  Hop, Step, Jump, Fling, Personal Best, Resilience</p> <p><b>Fundamental Movements</b>  Sprint Run  Skip  Hop  Gallop  Side Gallop  Jump for Height</p>
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Lesson 1		Travel around the gym demonstrating a variety of levels, low /medium / high and speeds while using different body parts; to understand the meaning of unison and be able to work in unison with a partner	Travel over, under, through, along across apparatus. Can you travel, using the apparatus and on the teacher's command demonstrate a PUSHING balance against the equipment? Vary body shape and part of body in contact with the equipment. Show demonstrations and repeat. With your partner – can you adapt the floor balances to the apparatus? What are you pushing	Skill – throwing and catching  Game of kick rounders (throwing and catching larger ball)	Sprint Relays  Technique and compete

			<p>against to hold the balance? (partner, equipment, bolt?)          Show demonstrations to class.</p>		
Lesson 2		Demonstrate a range of shapes during flight – using apparatus	<p>Travel over, under through, along, across apparatus. Can you perform PUSHING balances of different levels, using the apparatus? With your partner, explore ways of counter-balancing where each person</p>	Skill – fielding, finding space	<p>Standing long jump          Three spring jump</p>

			<p>is on a different level. Can the balances from the floor be adapted?  Link together a jump on floor → balance using apparatus → roll/turning movement away from apparatus.  Add to your sequence travel → balance (with matching body shapes → travel)  Practise and improve the links and quality of movements.</p>		
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				<p>Game of kick rounders (throwing and catching larger ball)</p>	<p>Technique and compete</p>
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Lesson 3		Understand and demonstrate counter balance; to demonstrate counter balance in twos and show changes in shapes / level and body parts; to transfer sequence to apparatus	Introduce the large apparatus, can the children travel in different ways, jump in different ways.	Skill – batting  Game of rounders (focus on batting)	Throwing Under arm and over arm  Javelin and cricket ball/rounder's ball Technique and compete
Lesson 4		Develop simple sequence that include performing shapes and balances accurately	Introduce the large apparatus, can the children balance (individual and partner) in different ways, jump in different ways.	Rules of rounders, combine all skills Throwing Catching Bowling Batting	Long distance Throwing and jumping  Technique and compete



Lesson 5		Develop different methods of rolling and an understanding of what shapes are needed and what shapes can be explored		Rules of rounders, combine all skills Throwing Catching Bowling Batting	Relays Sprint  Technique and compete
Lesson 6		Develop a sequence that will include a range of gymnastics actions, balances and jumps that demonstrates changes in level and speed  ASSESS and hand to leader		Rounders, combine all skills Throwing Catching Bowling Batting  ASSESS and hand to leader	Mixed – children try and bet their personal best  Technique and ASSESS and hand to leader compete
Lesson 7					
Lesson 8					