

Whole School Medium Term Plan Term 6

Year Group	Sport	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Indoor: Ball Skills	To aim a beanbag at a hoop, with swing back and forwards of arm.	To send and receive a ball by rolling.	To throw and catch with increasing control through a variety of ways.	To show an increased control in sending, receiving and travelling with a ball.	To show improved hand and eye coordination with a partner when throwing and catching.	To practice bat and ball skills, adapting to learn from experience alone and with a partner.
	Outdoor: Athletics	To develop awareness of speed and distance with running.	To learn how to run in a coordinated and fluent way.	To develop awareness of distance and weight when throwing for distance.	To develop awareness of distance and weight when throwing for accuracy.	To learn how to jump in a variety of different ways with distance and height.	To learn to link movements in a coordinated and controlled way.
2	Indoor: Football	To learn and understand the basic rules of football.	To begin to understand and practice how to dribble with a football.	To begin to understand and practice how to pass with a football.	To move fluently with stopping and changing direction.	To understand basic principles of attacking and defending.	To be able to play as part of a team in an inter-house competition
	Outdoor: Athletics	To develop awareness of speed and distance with running.	To learn how to run in a coordinated and fluent way.	To develop awareness of distance and weight when throwing for distance.	To develop awareness of distance and weight when throwing for accuracy.	To learn how to jump in a variety of different ways with distance and height.	To learn to link movements in a coordinated and controlled way.
3	Indoor: Football	To be able to keep control of a football while travelling.	To be able to pass and receive a football with accuracy.	To be able to turn with control whilst in possession of the ball.	To be able to shoot at a goal with control and accuracy.	To be able to defend a goal with control and accuracy.	To be able to work as part of a team and compete in an inter-house competition.
	Outdoor: Athletics	To develop running for speed and	To develop running over obstacles with	To learn to running for distance with	To learn how to send an object with force and	To learn how to send an object with accuracy	To compete against peers in various

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		have an awareness of time, distance and speed.	spatial awareness, height and distance.	an understanding of speed and pace.	awareness of distance.	and awareness of distance.	athletic events that have been covered.
4	Indoor: Football	To be able to keep control of a football while travelling.	To be able to pass and receive a football with accuracy.	To be able to turn with control whilst in possession of the ball.	To be able to shoot at a goal with control and accuracy.	To be able to defend a goal with control and accuracy.	To be able to work as part of a team and compete in an inter-house competition.
	Outdoor: Athletics	To develop running for speed and have an awareness of time, distance and speed.	To develop running over obstacles with spatial awareness, height and distance.	To learn to running for distance with an understanding of speed and pace.	To learn how to send an object with force and awareness of distance.	To learn how to send an object with accuracy and awareness of distance.	To compete against peers in various athletic events that have been covered.
5	Indoor:	To develop dribbling with close control and understand the importance.	To develop the skill of short passing and receiving and understand the importance.	To develop a better understanding of when to pass and when to dribble and put into practice.	To develop control and accuracy when turning and understand the importance of dribbling.	To develop the skill of running with a ball and know how and when to apply it in a game situation.	To be able to work as part of a team and compete in an inter-house competition.
	Outdoor: Athletics	To develop greater fluency and coordination of movements through running for speed.	To develop greater fluency, efficiency and speed through running over obstacles.	To develop fluency and efficiency when running for distance, sustaining pace over longer distances.	To be able to throw with greater control, efficiency and accuracy through pull throw technique.	To be able to throw with greater control, efficiency and accuracy through push throw technique.	To compete against peers in various athletic events that have been covered.
6	Indoor: Football	To develop dribbling with	To develop the skill of short	To develop a better	To develop control and	To develop the skill of running	To be able to work as part of

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		close control and understand the importance.	passing and receiving and understand the importance.	understanding of when to pass and when to dribble and put into practice.	accuracy when turning and understand the importance of dribbling.	with a ball and know how and when to apply it in a game situation.	a team and compete in an inter-house competition.
	Outdoor: Swimming	To develop the front crawl technique and be able to perform it with confidence and competence.	To develop the back stroke technique and be able to perform it with confidence and competence.	To develop the breast stroke technique and be able to perform it with confidence and competence.	To develop swimming over longer distances and focus on endurance.	To learn and perform water safety activities such as treading water, depth retrieval and pool exits.	To learn and perform personal survival with water safety.