

Whole School Medium Term Plan Term 5

Year Group	Sport	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Indoor: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To develop fielding and bowling skills.	To understand and practise the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situation.
	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: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To develop fielding and bowling skills.	To understand and practise the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situation.
	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: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To understand and practice the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situations.	To apply batting, bowling and fielding skills in a game.
	Outdoor: Athletics	To develop running for speed and have an awareness of	To develop running over obstacles with spatial awareness,	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.

Whole School Medium Term Plan Term 5

		time, distance and speed.	height and distance.				
4	Indoor: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To understand and practice the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situations.	To apply batting, bowling and fielding skills in a game.
	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: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To understand and practice the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situations.	To apply batting, bowling and fielding skills in a game.
	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: Cricket	To understand and practice fielding skills involved in cricket.	To understand and practice the correct bowling technique.	To understand and practice the correct batting technique.	To develop a batting technique.	To develop batting and fielding in game situations.	To apply batting, bowling and fielding skills in a game.

Whole School Medium Term Plan Term 5

	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.