

Medium Term Plan: Supporting Implementation of

Subject: Year 5 Summer 2 - Fitness

In this unit, pupils will take part in a range of activities that explore and develop their strength, stamina, speed, co-ordination, balance, and agility. They will learn how each component of fitness will help them in other games. They will be given opportunities to apply these components of fitness in small games and practice each one through targeted exercises. Pupils will be given opportunities to assess their progress using the skills and knowledge acquired.

N/C links:

- use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

Key skills:

- Physical: agility, balance, co-ordination, speed, stamina, strength
- Social: collaboration, support, communication
- Emotional: perseverance, determination
- Thinking: feedback, comprehension, observation, evaluation

Prior Learning (what pupils already know and can do)

- Know to keep elbows bent when changing direction to help stay balanced.
- Know to squeeze different muscles to help stay balanced in different activities.
- Know to begin in a ready position to react quicker.
- Know to pace yourself when running further or for a long period of time.
- Know that a high knee drive, pumping arms and running on the balls of feet will give more power.
- Know that strength comes from different muscles and it can be improved in different ways.

Long-term Learning (what pupils MUST know and remember) End Goals

- I can analyse my performance in relation to the fitness component being used.
- I can work with others to manage activities.
- I demonstrate good balance and control when performing other fundamental skills.
- I show accuracy and power when throwing for distance.
- I understand the different components of fitness and how they help me in other activities.
- I understand what my maximum effort looks and feels like and I am determined to achieve it.

Key Vocabulary

Agility, consistent, drive, dynamic, motivate, preserve, power, react, rhythm, stable, stamina, static, strength

Session 1 To understand how speed helps me in other activities and apply this.

Success Criteria

- Head: facing forward. Elbows: bent at 90°. Hands moving from pocket to mouth. Body: upright and slightly forward. Knees: high knee lift. Feet: sprinting on the balls of feet, big strides.

Whole Child Objectives

- Social: To collaborate to self manage our games.
- Emotional: To persevere to achieve my personal best.
- Thinking: To provide feedback to improve technique.

Sprinting video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12342>

Vocabulary:

Consistent, dynamic, stamina, strength

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Session 2 - To understand how strength helps me in other activities and apply this.

Success Criteria:

- Move at maximum speed with maximum force for power.

Whole Child Objectives:

- Social: To support a partner in developing their strength.
- Emotional: To work to my personal best.
- Thinking: To apply knowledge of strength to game activities.

Vocabulary

Drive, power, strength

Session 3 –To understand how agility helps me in other activities and apply this.

Success Criteria:

- Motivate others in your group.
- Begin in a ready position to react quickly.
- Push off your outside foot and turn your hips to change direction.

Whole Child Objectives:

- Social: To motivate others to achieve their best.
- Emotional: To persevere to achieve my personal best.
- Thinking: To identify cues to help me anticipate an opponent's direction.

Vocabulary

Agility, motivate, react, strength, preserve

Session 4 - To understand how balance helps me in other activities and apply this.

Success Criteria:

- Jump and land with soft bent knees for balance and control.

Whole Child Objectives:

- Social: To communicate with others to play games.
- Emotional: To persevere when trying to achieve an outcome.
- Thinking: To recognise when I was successful and what I need to do to improve.

Vocabulary

Agility, dynamic, react, strength

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Session 5 –To understand how co-ordination helps me in other activities and apply this.

Success Criteria:

- Try to keep a consistent rhythm.
- Visualise the sequence of actions before and as you do them.

Whole Child Objectives:

- Social: To work collaboratively and communicate with others.
- Emotional: To persevere when developing my co-ordination.
- Thinking: To visualise the actions I need to perform.

Vocabulary

Consistent, power, rhythm, strength

Session 6 –To understand how stamina helps me in other activities and apply this.

Success Criteria:

- Keep a steady breath to help you move for longer periods of time.
- Stop, rest for a moment and go again or go slower when you feel tired.

Whole Child Objectives:

- Social: To collaborate with others to self manage games.
- Emotional: To persevere to improve my stamina.
- Thinking: To recognise cues that tell me when I need to rest.

Vocabulary

Drive, dynamic, power, stamina,

Future learning this content supports:

This unit will support future units throughout Years 6. Pupils will have improved their balance, coordination, cooperation skills, speed and stamina which can be applied in units throughout units such as basketball, tag rugby and football.