HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL
PE Medium Term Plan Term 5

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Owl Class (EYFS) Fundamentals: Unit 1 Outdoor Adventurous Activity (Forest Friday)	To develop balancing whilst stationary and on the move.	To develop running and stopping.	To develop changing direction.	To develop jumping and landing.	To develop hopping and landing with control.	To explore different ways to travel.
Hedgehog Class (Y1) Athletics Net & Wall Games Dance	To move at different speeds over varying distances. To defend space using the ready position.	To develop balance. To play against an opponent and keep the score.	To develop changing direction quickly. To explore hitting with a racket.	To explore hopping, jumping and leaping for distance. To develop racket and ball skills.	To develop throwing for distance. To develop sending a ball using a racket.	To develop throwing for accuracy. To develop hitting over a net.
Fox Class (Y2) Athletics Net & Wall Games	To develop the sprinting action. To use the ready position to defend space on court.	To develop jumping for distance. To develop returning a ball with hands.	To develop technique when jumping for height. To play against a partner.	To develop throwing for distance. To develop racket skills and use them to return a ball.	To develop throwing for accuracy. To develop returning a ball using a racket.	To select and apply knowledge and technique in an athletics carousel. To play against an opponent using a racket.
Badger Class (Y3) Athletics Tennis	To develop the sprinting technique and improve on your personal best. To develop racket and ball control.	To develop changeover technique in relay events. To explore rallying using a forehand.	To develop jumping technique in a range of approaches and take off positions. To explore returning the ball using a forehand.	To develop throwing for distance and accuracy. To explore returning the ball using a backhand.	To develop throwing for distance in a pull throw. To learn how to score and use simple rules.	To develop officiating and performing skills. To work co-operatively with others to begin to manage a game.

Otter Class (Y4) Athletics Tennis OAA - School Residential	To develop stamina and an understanding of speed and pace in relation to distance. To develop racket and ball control.	To develop power and speed in the sprinting technique. To develop returning the ball using a forehand and understand when to use it.	To develop technique when jumping for distance. To develop the backhand and understand when to use it.	To develop power and technique when throwing for distance. To keep a continuous rally going showing increased technique.	To develop a pull throw for distance and accuracy. To use and apply rules and simple tactics.	To develop officiating and performing skills. To understand and use rules to manage a game.
Robin Class (Y5) Athletics Tennis	To understand pace and apply different speeds over varying distances. To return the ball using a forehand groundstroke under pressure.	To develop fluency and co-ordination when running for speed. To return the ball using a backhand groundstroke under pressure.	To develop technique in relay changeovers. To use a variety of shots to keep a continuous rally going.	To build momentum and power in the triple jump. To develop the underarm serve and understand the rules of serving.	To develop throwing with force for longer distances. To develop the volley and understand when to use it.	To develop throwing with greater control and technique. To apply rules, skills and principles to play against an opponent.
Deer Class (Y6) Athletics Tennis Dance	To develop my own and others sprinting technique. To develop placement of the ball using a forehand.	To identify a suitable pace for the event. To develop placement of the ball using a backhand groundstroke.	To develop power, control and technique for the triple jump. To develop the volley and understand when to use it.	To develop power, control and technique when throwing for distance. To employ tactics when playing with a partner.	To develop throwing with force and accuracy for longer distances. To develop accuracy and consistency using the underarm serve.	To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. To apply rules, skills and principles to play against an opponent.