



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Jake Woolcock Year group: 5 Term: Summer 2 Subject: PE Athletics

British Values

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	To run for speed and distance on our own and as part of a team. Respect	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP
2	Pace our running over longer distances.	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP
3	Use different jumping styles and explore which ones we can jump further with.	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP
4	Use the push throw technique.	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP
5	Exchange a baton within a restricted area. Respect	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP

6	Design an activity for others using STEP as a framework. Respect Tolerance Liberty	PE Hub - Year 5 - Athletics	Pace Run Sprint Breathe Rest STEP
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