

Year 5 Example long term plan

Lesson 1

or

Lessons 1 & 2 for the first three weeks

Learning
theme

NCPE
link

Autumn 1

fair
share
dare



'Embed values
such as fairness
and respect'

Autumn 2

inspire
create
perform



'Perform dances
using a range of
movement
patterns'

Spring 1

watch
move
connect



'Use throwing
and catching in
isolation and in
combination'

Spring 2

serve
set
slam



'Play
competitive
games,
modified where
appropriate.'

Summer 1

aim
strike
retrieve



'Apply and
develop a
broader range of
skills and use
them in different
ways'

Summer 2

speed
distance
strength



'Demonstrate
improvement to
achieve their
personal best'

Lesson 2

or

Lessons 1 & 2 for the first three weeks

Learning
theme

NCPE
link

evade
invade
capture



'Competitive
games;
principles of
attacking and
defending'

block
guard
support



'Competitive
games;
principles of
attacking and
defending'

symmetry
balance
travel



'Develop
flexibility,
strength,
technique,
control and
balance'

explore
solve
challenge



'Take part in
outdoor and
adventurous
activity
challenges'

run
jump
throw



'Use running,
jumping and
throwing in
isolation and in
combination'

lend
move
score



'Competitive
games;
principles of
attacking and
defending'