



BISHOP LONSDALE CHURCH OF ENGLAND PRIMARY SCHOOL AND NURSERY

BECOMING INDEPENDENT SUCCESSFUL HONEST OPEN-MINDED PEOPLE

Year 5 Medium Term Plan

Week	PE 1	PE 2	Music	PSHE	Computing
National Curriculum	<p>Dance Derby SSP unit: Space Pupils learn to:</p> <ul style="list-style-type: none"> perform dances using a range of movement patterns identify a beat and move in time to music change the speed of movements while remaining in time use spatial awareness vary levels, direction, turns as they move move in unison and formation learn a sequence of dance phrases to form a dance routine develop new phrases to innovate on a routine rehearse and perform a dance routine showing: <ul style="list-style-type: none"> teamwork sequence control precision accuracy expression. 	<p>Swimming Pupils learn to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. 	<p>Charanga Music Scheme: Classroom Jazz 1 Pupils learn about:</p> <ul style="list-style-type: none"> History of music focused on jazz, improvisation and swing, in their historical context. Structure of Three Note Bossa & Five Note Swing. Playing instrumental parts using recorders. Performing a composition. Improvisation. 	<p>Relationships Pupils learn:</p> <ul style="list-style-type: none"> the importance of personal values and where they originate how to self-regulate and manage their behaviour more responsibly the impact of discrimination, prejudice and racism and why we should challenge them how we can promote inclusion in society to recognise when we stereotype people and how to avoid doing so what to do if they experience unwanted or unacceptable physical contact, with the NSPCC "PANTS" rules. <p>Anti-Bullying Week takes place this term.</p>	<p>Simulations and Rovers Pupils learn to:</p> <ul style="list-style-type: none"> Identify the purposes of physical and digital simulations. Evaluate a simulation's effectiveness, including its advantages and limitations. Apply the concept of abstraction to simplify a real-world situation to design a simulation. Program a solar system simulation in Scratch. Understand how inputs and outputs allow robots to act autonomously. Use a simulation to design, build and test a Mars rover.



Week 1	<p><u>WALT: Move in time to music at varied speeds.</u> Identify the beat. Step in time. Change tempo but stay in time.</p>	Weekly swimming lesson led by coaches.	Listen and appraise: identify the structure.	<p><u>WALT: Understand the importance of having our own values.</u> Identify who or what influences your opinions, values and beliefs. Identify how our opinions, values and beliefs affect how we think and act. Explain which values are important to you.</p>	<p><u>WALT: Understand simulations.</u> Use a simulation and explain its purpose. Evaluate its usefulness and its limitations.</p>
Week 2	<p><u>WALT: Vary movement dynamics.</u> Move in time to music. Change speed but stay in time. Use spatial awareness. Vary levels, direction, turns.</p>	Weekly swimming lesson led by coaches.	Listen and appraise: identify the structure.	<p><u>WALT: Manage our behaviour to help us act more responsibly.</u> Describe what it means to behave responsibly. Describe how a person's behaviour can affect others. Suggest ways to manage our feelings and behaviour in different scenarios.</p>	<p><u>WALT: Evaluate a simulation.</u> Evaluate its usefulness and its limitations. Understand abstraction.</p>
Week 3	<p><u>WALT: Learn a dance sequence.</u> Learn a set of dance phrases. Order/sequence the phrases. Move in unison and formation.</p>	Weekly swimming lesson led by coaches.	Listen and appraise: identify instruments / voices.	<p><u>WALT: Recognise discrimination and inclusion.</u> Explain what inclusion and discrimination mean. Identify ways to challenge discrimination and promote inclusion.</p>	<p><u>WALT: Create a solar system simulation.</u> Use abstraction to simplify a simulation. Plan a simulation of the solar system.</p>



Week 4	<p><u>WALT: Learn a dance sequence.</u> Learn a set of dance phrases. Order/sequence the phrases. Move in unison and formation.</p>	Weekly swimming lesson led by coaches.	Play instrumental parts.	<p><u>WALT: Understand and challenge prejudice and racism.</u> Explain what racism means, its impact and how it makes people feel. Describe how to act with solidarity towards others against racism.</p>	<p><u>WALT: Create a solar system simulation.</u> Program a simulation of the solar system using Scratch. Debug errors.</p>
Week 5	<p><u>WALT: Rehearse a dance routine.</u> Teamwork. Sequence. Control. Precision. Accuracy. Expression. Develop new phrases to innovate on the routine.</p>	Weekly swimming lesson led by coaches.	Play instrumental parts and improvise.	<p><u>WALT: Understand stereotyping.</u> Recognise examples of stereotyping. Explain why we should not stereotype people. Suggest how to be an ally against stereotyping and racism.</p>	<p><u>WALT: Use a simulation to design, build and test a Mars rover.</u> Understand how robots can work autonomously using inputs and outputs. Understand the difference between remote-control and a robot. Use logic to predict what might happen or solve a problem.</p>
Week 6	<p><u>WALT: Perform a dance routine.</u> Teamwork. Sequence. Control. Precision. Accuracy. Expression. Include new phrases to innovate on the routine.</p>	Weekly swimming lesson led by coaches.	Play instrumental parts and improvise.	<p><u>WALT: Recognise acceptable and unacceptable physical contact.</u> Describe acceptable and unacceptable touch. Know what to do if you experience unacceptable physical contact. Know who can provide help or support. Know that the NSPCC is an organisation that can help and support us.</p>	<p><u>WALT: Use a simulation to design, build and test a Mars rover.</u> Use logic to predict what might happen or solve a problem. Use abstraction to simplify your rover. Persevere to overcome challenges.</p>
Week 7		Weekly swimming lesson led by coaches.	Perform and share. Listen back and evaluate.		