



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>Gymnastics: Complete PE Pupils learn to:</p> <ul style="list-style-type: none"> • move on the floor and on raised equipment • develop control and precision in rolls, turns, jumps and balances • travel using different movements • use spatial awareness • vary levels, direction, turns as they move • move in unison and formation, mirroring and matching • develop a sequence of movements to form a gymnastic routine • rehearse and perform 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: Make You Feel My Love Pupils learn about:</p> <ul style="list-style-type: none"> • History of music focused on pop ballads. • Listening and appraising to pop ballads. • Playing instrumental parts using glockenspiels and recorders. • Performing a composition. • Improvisation. 	<p>Living in the wider world Pupils learn:</p> <ul style="list-style-type: none"> • that communities require shared resources and services, and how these are paid for • how taxes are used to fund community services and how funding and budgets affect choices • how energy might be wasted and saved at home • the importance of giving to others and personal responsibility, to support the needs of a whole community • the need for and positive impact of blood/organ donation. 	<p>Staying safe online: Project Evolve Pupils learn about:</p> <ul style="list-style-type: none"> • Online bullying • Online relationships • Online reputation • Self-image & identity.



Week 1	Set up equipment safely. Develop control and precision in rolls, turns.	Weekly swimming lesson led by coaches.	Listen and appraise: identify the structure.	Understand that local services are paid for through taxes.	Recognising differences between online and offline bullying.
Week 2	Develop control and precision in jumps and balances.	Weekly swimming lesson led by coaches.	Listen and appraise: identify instruments / voices.	Allocate a budget to fund community services and amenities and justify their choices.	Explaining how to get help with online bullying and how to block or report users.
Week 3	Move in unison and formation, mirroring and matching.	Weekly swimming lesson led by coaches.	Learn and play instrumental parts.	Explain how personal responsibility/behaviour affects the nature of a community and the costs needed to maintain it.	Understanding online communities and how to get help if problems arise.
Week 4	Travel using different movements, varying levels, direction, turns as they move.	Weekly swimming lesson led by coaches.	Play instrumental parts and learn to improvise.	Identify some ways in which energy is wasted at home and how to save energy.	Describing how online information can be used to make fair or unfair judgments about people.
Week 5	Develop a sequence of movements to form a gymnastic routine.	Weekly swimming lesson led by coaches.	Play instrumental parts and improvise.	Giving help to others: blood donation.	Safer Internet Day activities.
Week 6	Rehearse and perform a gymnastic routine showing: teamwork, sequence, control, precision, accuracy.	Weekly swimming lesson led by coaches.	Perform and share. Listen back and evaluate.	Giving help to others: organ donation.	Understand how to make responsible choices about your online identity.