

Year 5 Medium Term Planning - Summer Sports

Date	Activity	Focus
17.04.2023	Inset day	N/A
24.04.2023	Athletics	Develop a standing sprint start stance Make suggestions on how to improve LJ and hurdling skills
01.05.2023	Inset day	N/A
08.05.2023	Inset day	
15.05.2023	Tennis	Hit ground strokes with accurately Be able to play both 'winning' shots and rallies
22.05.2023	Cricket - Ingleton week	Strike an under arm bowled ball
05.06.2023	Athletics	To have equal distance/rhythm for each part of their TJ Develop rotation on a push throw Experience a version of a pentathlon
12.06.2023	Athletics	
19.06.2023	Badminton	Develop footwork and recover to the centre of the court Use a low and clear serve Be able to umpire games
26.06.2023	Badminton	
03.07.2023	Cricket	Strike an under arm bowled ball
10.07.2023	Cricket	Bowl over arm accurately
17.07.2023	Cricket	Play as a wicket keeper

