

Year 5 Medium Term Planning - Invasion games/Summer Sports

Date	Activity	Focus
08.01.2024	Fitness and Sports hall athletics preparation	Increase understanding of health & fitness
15.01.2024	Fitness and Sports hall athletics preparation	
22.01.2024	Tag Rugby	<p align="center"><b><u>Game play</u></b></p> Experience playing in age appropriate games Opportunities for leadership and umpiring Learn and apply sport specific rules
29.01.2024	Hockey	
05.02.2024	Netball	
12.02.2024	Wicked work week	Children have the choice of playing one of the previously learnt about sports
26.02.2024	Athletics	Building Endurance
04.03.2024	Athletics	Pacing appropriately
11.03.2024	Tennis	Start games with simple serves
18.04.2024	Tennis	Hit a serve over a net
25.04.2024	Cricket	Bowl underarm