Year 5 Medium term plan 26/27 - Autumn

Week Commencing	Activity	Focus
7/9/26 14/9/26	Fitness and X Country preparation	Teach running a skill Increase understanding of health & fitness
21/9/26	Netball	**Attacking** Sport specific attacking skills Understanding team attacking principles Understanding of sports scoring systems Basic tactics to score points Basic understanding of attacking restarts **Defending** Sport specific defensive skills Understanding of marking players as a team Understanding of marking space as team Basic understanding of defensive tactics Basic understanding of defending restarts
28/9/26	Netball	
5/10/26	Hockey	
12/10/26	Hockey	
19/10/26	Netball	
26/10/26	Netball	
2/11/26	Tag Rugby	**Attacking** Sport specific attacking skills Understanding team attacking principles Understanding of sports scoring systems Basic tactics to score points Basic understanding of attacking restarts **Defending** Sport specific defensive skills
9/11/26	Tag Rugby	
16/11/26	Basketball	
23/11/26	Basketball	

30/11/26 7/12/26 14/12/26	Tag Rugby Basketball Basketball	Understanding of marking players as a team Understanding of marking space as team Basic understanding of defensive tactics Basic understanding of defending restarts
04/01/27 11/01/27 18/01/27 25/01/27 01/02/27 08/02/27	Fitness & Circuit training Tag Rugby Hockey Basketball	Increase understanding of health & fitness **<u>Game play</u>** Experience playing in age appropriate games Opportunities for leadership and umpiring Learn and apply sport specific rules