

Year 5 – Lesson Plan 2 – P.E.

How can we improve our performance by focusing on technique, teamwork, and determination?

Aim: How can we improve our performance by focusing on technique, teamwork, and determination?	Key Words: • Accuracy, stamina, technique, co-ordination, speed, strength, teamwork, fair play.	Preparation: • Cones to mark event areas • Beanbags or foam javelins • Measuring tape for throws and jumps • Stopwatches for timing sprints • Skipping ropes for fitness challenges • Mats for safety in jumping events
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Prior Learning: Children should have prior experience with basic throwing, jumping, and running techniques, as well as understanding of personal bests.

WC / PT	<u>Warm-up:</u> • Children jog in a circle, passing a foam baton (representing the Olympic torch). • Vary movement styles – high knees, sidesteps, skips – to prepare different muscles. • When the teacher shouts “light the flame,” the baton is raised and the pace quickens for a short sprint.	0-5 mins
WC	<u>Main Teach:</u> Introduce three or four event stations: 1. Sprints – short distance speed runs, focusing on explosive starts. 2. Long Jump – using mats for safe take-offs and landings, working on strong push-offs. 3. Javelin Throw – foam javelins or beanbags, focusing on arm technique and accuracy. 4. Skipping Endurance – continuous skipping for one minute to build stamina. Demonstrate the correct technique for each, highlighting safety and control.	5-10 mins

I / S	<u>Activity:</u> - Children split into teams representing different countries. - Teams rotate through each station, recording results (times, distances, repetitions). - Focus on improving personal bests rather than beating others, encouraging self-improvement. - Optional: Add a “team spirit” award for encouragement and sportsmanship.	10-30 mins
I	<u>Extension Challenge:</u> Children design a brand-new Olympic sport and demonstrate a short version of it to the class, explaining the rules and scoring system.	30-35 mins
WC	<u>Plenary:</u> Discuss: - Which event did you enjoy the most? - How did you improve your performance? - Why is fair play important in sport? Finish with a slow parade lap while imagining the Olympic closing ceremony, followed by stretches.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	History Link: Research the origins of the Olympic Games in Ancient Greece and compare them to the modern games.
Challenge B	Geography Link: Locate the host city for the next Olympic Games on a map and explore its culture.