



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: Cross Country

YEAR GROUP: 5

TERM: Autumn 1

<p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Running • Sprint • Sprint start • Reaction time • Distance • Pace • Stamina • Trail leg • Lead leg • Accelerate • Decelerate • Control • Accuracy • Technique 	<p style="text-align: center;">Skills</p> <ul style="list-style-type: none"> • Accelerate from a variety of starting positions and select their preferred position. • Identify their reaction times when performing a sprint start. • Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. • Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. • Identify and demonstrate stamina, explaining its importance for runners. 	<p style="text-align: center;">What we already know</p> <ul style="list-style-type: none"> • At KS1, children have practised running with a basic technique over different distances. • In lower KS2, children practised improving their sprinting technique and adjusting their pace to suit different distances being run. They have also practised how to speed up and slow down smoothly.
<p>Application/ Outcomes</p> <p>Children will practise the above skills in isolation for individual as well as team performances. They will compete against each other as a class and also against the other year 5 classes as part of an intra school competition. The most able children from across the year group will be chosen to represent the school at the SSFT cross country competition.</p>		<p>Concepts</p> <ul style="list-style-type: none"> • Body positioning • Pace • Speed • Stamina • Finishes • Reaction times • Technique
<p>Other/Cross Curricular Links with English/Maths</p> <ul style="list-style-type: none"> • Maths – distance – measuring and recording, speed, time – measuring and recording. • PSHCE – setting goals, challenging yourself, cooperation., relationships, teamwork. 	<p>Adaptation for SEND</p> <ul style="list-style-type: none"> • Simplified skills / adapted practices • Practising skills in isolation • Shorter distances / simplified courses • Less people in team situations • More rest time • Selected learning partners 	