




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>Illustration</p> 	<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	

