

St Mary's CE Middle School Medium Term Plan Template

Inspire today to shape tomorrow – Kindness, Fairness, Aspiration



Year group: Year 5,6,7&8	
Unit and term: Teams Sports (Invasion Games) Autumn & Spring	Links to a text:
National Curriculum statements:	
KS2	
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	
KS3	
<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • Take part in competitive sports and activities outside school through community links or sports clubs. 	
Lesson sequence:	
<ol style="list-style-type: none"> 1. Passing & Receiving 2. Defensive Play (Marking & Tackling) 3. Attacking Play (Dribbling, Shooting & Maintaining Possession) 4. Positional Awareness (Including sport specific positioning) 5. Match Play (Conditioned and specific to the sport) 	
Learning objectives:	
Learning Objective table below.	

Breadth of study	Key knowledge	Key Skills
	<p>Rules & Regulations</p> <ul style="list-style-type: none"> • Official rules of the sport • Scoring systems • Fouls, penalties, and violations • Game duration and substitutions • Roles of officials and referee <p>Team Tactics & Strategy</p> <ul style="list-style-type: none"> • Offensive and defensive systems • Formations and set plays • Transitions (attack ↔ defence) • Game planning and opponent analysis • Time and score management <p>Individual & Team Skills</p> <ul style="list-style-type: none"> • Sport-specific technical skills (passing, shooting, tackling, etc.) • Position-specific responsibilities • Skill execution under pressure • Coordination and timing between teammates <p>Physical Conditioning</p> <ul style="list-style-type: none"> • Strength, speed, agility, and endurance • Flexibility and mobility • Injury prevention and recovery 	<p>Technical Skills</p> <ul style="list-style-type: none"> • Passing and receiving • Shooting / scoring • Dribbling or ball control • Tackling / defending • Catching and throwing (where applicable) • Footwork and movement skills <p>Tactical Skills</p> <ul style="list-style-type: none"> • Game awareness and positioning • Reading opponents' intentions • Decision-making under pressure • Understanding formations and systems • Timing of runs and plays • Adapting tactics during a game <p>Physical Skills</p> <ul style="list-style-type: none"> • Speed and acceleration • Agility and balance • Strength and power • Endurance and stamina • Coordination and reaction time <p>Communication Skills</p> <ul style="list-style-type: none"> • Clear verbal communication • Non-verbal cues (signals, eye contact) • Listening and responding to teammates

	<ul style="list-style-type: none"> • Sport-specific fitness demands <p>Communication & Teamwork</p> <ul style="list-style-type: none"> • Verbal and non-verbal communication • Trust and role clarity • On-field decision-making • Leadership and followership <p>Psychology & Mental Skills</p> <ul style="list-style-type: none"> • Motivation and confidence • Focus and concentration • Handling pressure and stress • Team cohesion and morale • Resilience after mistakes or losses <p>Coaching & Leadership</p> <ul style="list-style-type: none"> • Coaching styles and methods • Practice planning and drills • Feedback and performance evaluation • Conflict management • Developing team culture <p>Game Analysis & Performance Review</p> <ul style="list-style-type: none"> • Match statistics and data analysis • Video analysis 	<ul style="list-style-type: none"> • Giving quick instructions or warnings <p>Teamwork & Interpersonal Skills</p> <ul style="list-style-type: none"> • Cooperation and trust • Role acceptance • Supporting teammates • Conflict resolution • Leadership and followership <p>Mental Skills</p> <ul style="list-style-type: none"> • Focus and concentration • Confidence and composure • Emotional control • Resilience and perseverance • Adaptability and creativity <p>7. Strategic & Cognitive Skills</p> <ul style="list-style-type: none"> • Anticipation and prediction • Spatial awareness • Pattern recognition • Problem-solving during play
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	<ul style="list-style-type: none"> • Strengths and weaknesses assessment • Tactical adjustments <p>Ethics & Sportsmanship</p> <ul style="list-style-type: none"> • Fair play and respect • Anti-doping awareness • Respect for opponents and officials • Inclusivity and equality 	
<p>Key vocabulary (Tier 2)</p> <p>Performance & Effort</p> <ul style="list-style-type: none"> • Execute • Improve • Develop • Consistent • Efficient • Effective • Accurate • Controlled • Balanced • Intense <p>Strategy & Decision-Making</p> <ul style="list-style-type: none"> • Strategy • Tactic • Anticipate • Adjust • Analyse 		<p>Key vocabulary (Tier 3)</p> <p>Game Structure & Play</p> <ul style="list-style-type: none"> • Possession • Turnover • Set play • Restart • Formation • Line-up • Rotation • Substitution • Match official <p>Offensive Terms</p> <ul style="list-style-type: none"> • Attack • Breakaway • Fast break • Counterattack • Assist • Shot attempt

- Evaluate
- Respond
- Adapt
- Plan
- Coordinate

Teamwork & Roles

- Collaborate
- Communicate
- Support
- Contribute
- Lead
- Follow
- Cooperate
- Responsibility
- Role
- Trust

Movement & Space

- Positioning
- Alignment
- Spacing
- Direction
- Timing
- Transition
- Coverage
- Awareness
- Distance

Rules & Behavior

- Regulation

- Finishing
- Screen
- Overlap

Defensive Terms

- Defence
- Marking
- Zone defence
- Man-to-man
- Press
- Block
- Interception
- Clearance
- Recovery

Positions & Roles

- Goalkeeper
- Defender
- Midfielder
- Forward
- Captain
- Playmaker
- Substitute

Rules & Infractions

- Offside
- Foul
- Violation
- Free throw / free kick
- Penalty kick
- Out of bounds

- Penalty
- Advantage
- Disadvantage
- Compliance
- Discipline
- Respect
- Fairness

Mental & Emotional Skills

- Focus
- Concentration
- Confidence
- Composure
- Motivation
- Resilience

Instruction & Feedback

- Demonstrate
- Observe
- Feedback
- Instruction
- Practice
- Review

- Technical foul

Set Pieces & Restarts

- Corner
- Throw-in
- Face-off
- Tip-off
- Kick-off

Subject specific enquiry:

Pupils have the chance to work within investigative questioning. These can be as part of the Learning Objective or through targeted questioning. They are also encouraged to use the types of questions listed below to allow them to better understand what's in front of them. These questions can also be used when focusing on analysing performance and offering constructive feedback.

Movement & Skill Performance

- How does changing body position affect balance during a pass or shot?
- Which throwing technique produces the greatest accuracy?
- How does foot placement influence kicking power and control?
- What happens to performance when skills are executed under pressure?

Tactics & Game Understanding

- How does spacing improve attacking opportunities in team games?
- When is zone defence more effective than man-to-man defence?
- How do quick transitions affect scoring chances?
- Which formations create the most scoring opportunities?

Physical Fitness & Training

- How does interval training improve game fitness?
- What impact does warm-up intensity have on performance?
- How does strength training improve speed or power?
- How long does it take for endurance to improve with regular training?

Health & Wellbeing

- How does hydration affect performance and concentration?
- What is the effect of fatigue on decision-making?
- How does recovery time influence injury risk?
- Why is cool-down important after intense activity?

Psychology & Mental Skills

- How does confidence affect skill execution?
- What strategies help maintain focus during competition?

- How do emotions influence teamwork and performance?
- How does goal setting improve motivation in PE?

Teamwork & Communication

- How does verbal communication improve team coordination?
- What role does leadership play in team success?
- How does trust affect team performance?
- What communication methods work best during fast-paced games?

Rules, Fair Play & Ethics

- How do rules create fairness in games?
- What happens when rules are consistently applied?
- How does sportsmanship affect the game environment?
- Why are officials important to team sports?

Performance Analysis

- How can video analysis improve skill performance?
- Which statistics best indicate team success?
- How does feedback change performance over time?
- What strengths and weaknesses can be identified after a game?

Extra-curricular, trips, fieldwork opportunities:

- Lunch time Competitions
- Lunch time 'Turn up & play' sessions
- After School Clubs (Ran by PE Staff & external companies/coaches)
- Multi school competitions
- Friendly sports fixtures
- Inter House competitions
- Sports Days (Autumn Sports Day, Spring Sports Leaders Week & Summer Athletics Day)

Assessment: Head, Heart, Hands

Pupils are assessed on our 3 PE strands (Head, Heart, Hands)

They'll be assessed at the end of each half term. They'll receive a grade for head, heart and hands.

Learning Objective

	Passing	Receiving	Dribbling	Shooting	Gaining Possession (Defending)	Maintaining Possession (Attacking)	Positions	Spatial Awareness
Yr5	To understand the different types of passes that can be used.	Demonstrate the correct body shape and movement when receiving the ball.	Understand the correct body position and the position of the ball	Understand the basic technique required for the particular sport.	To understand the difference between interceptions and tackling.	Understanding the decision an attacking player has.		Understanding the definition and the importance of spatial awareness.
Yr6	To consistently demonstrate the correct type of pass at the correct time.	Consistently demonstrate correct body shape and movement when receiving the ball.	Demonstrating dribbling with good technique and control. Understanding when to use this skill.	Able to refine technique and improve performance output.	I can develop my understanding of body shape when defending.	To start demonstrating the ability to move into open spaces on and off the ball.		Demonstrate spatial awareness in a game situation.

Yr7	Demonstrate increased power, control and placement of pass.	To be able to Increase fluency when receiving.	To understand how to increase fluency and speed.	Increase power in approach and understanding of positioning when shooting.	My decision making and timing are more consistent.	To display increased decision making, timing and communication on and off the ball .	Developing an understanding of the different positions and the role they play.	
Yr8	Display the ability to use the correct type of pass in a competitive game (attacking strategy)	Demonstrate speed of transition between receiving and decision making for the next step.	Using the increased fluency and speed to outwit an opponent.	Able to demonstrate increased Accuracy (shot placement)	To demonstrate increased speed and agility in transitions	To understand and demonstrate a variety of attacking strategies.	Experience playing in various positions.	