


beyond the physical		Year 5 MTP 2025–26											
Lesson 1 or Lesson 2 for the first three weeks	Lesson 1 or Lesson 2 for the last three weeks	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		Learning theme	NCPE link	Learning theme	NCPE link	Learning theme	NCPE link	Learning theme	NCPE link	Learning theme	NCPE link	Learning theme	NCPE link
Lesson 1 or Lesson 2 for the first three weeks	Lesson 1 or Lesson 2 for the last three weeks	lend move score 	'Competitive games; principles of attacking and defending'	evade invade capture 	'Competitive games; principles of attacking and defending'	inspire create perform 	'Perform dances using a range of movement patterns'	watch move connect 	'Use throwing and catching in isolation and in combination'	run jump throw 	'Use running, jumping and throwing in isolation and in combination'	aim strike retrieve 	'Apply and develop a broader range of skills and use them in different ways'
		fair share dare 	'Embed values such as fairness and respect'	block guard support 	'Competitive games; principles of attacking and defending'	symmetry balance travel 	'Develop flexibility, strength, technique, control and balance'	speed distance strength 	'Demonstrate improvement to achieve their personal best'	serve set slam 	'Play competitive games, modified where appropriate'	explore solve challenge 	'Take part in outdoor and adventurous activity challenges'