

Year 5 Autumn 1 Medium Term Plan

<i>Sport Taught</i>	<i>National Curriculum Links</i>
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 meters. Use a range of strokes effectively. Perform safe self-rescue in different water based situations.
Gymnastics	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.