



SCHEME OF WORK

Year 5

Unit Overview:

In this unit, children will recap and build upon the skills developed in previous years, improving their technique, control and confidence when performing Mini Muay Thai combinations. They will continue to practise maintaining the correct stance and guard position while performing punches such as the jab-cross and further develop their ability to perform a hook with good technique.

Children will begin to link a wider variety of combinations together, improving their coordination, rhythm and memory while exercising. They will take part in skill circuits involving a number of exercises, practising active recovery between sets to help develop stamina and maintain performance throughout the session.

Children will aim to achieve a personal best during fitness challenges, attempting to beat their previous scores or the coach's score. This will help develop resilience, determination and confidence in their physical performance.

Throughout the unit, children will communicate and collaborate with their group, sharing ideas to improve performance and supporting others during activities. They will also begin to lead small parts of a session, such as warm-ups or simple activities, developing confidence in mini coaching opportunities.

Children will use key vocabulary to evaluate and improve performance, recognising success and identifying ways to improve. They will also deepen their understanding of how regular exercise affects the body. Throughout the unit, children will demonstrate key values such as courtesy, respect, effort, teamwork and encouragement while taking part in Mini Muay Thai activities.

Learning Intentions:

Lesson 1	How can you perform punches in Mini Muay Thai?
Lesson 2	How can you be active between your sets (exercises)?
Lesson 3	How can you perform, get a personal best and attempt to beat coach Kelly?
Lesson 4	How can you remember a variety of combinations?
Lesson 5	How can you perform a hook and use it with other combinations?
Lesson 6	How can you make up your own Mini Muay Thai session?

Unit End Points:



Physical Me

Can get into a stance and keep their hands up while attempting the jab cross
Can keep active between 3 or more exercises (active recovery)
Can beat one or two of their scores
Can remember and complete most combinations when exercising
Can perform a hook keeping an L-shape when performing other combinations



Thinking Me

Can evaluate and recognise success to help improve theirs and others performance.
Can link key knowledge and skills across the units.
Can develop and apply simple Rules, Strategies and Tactics (RST) in different activities.



Social Me

Can communicate and collaborate with their team/group, share ideas to improve performance, and participate with fairness and sportsmanship.
Can lead effectively as a mini coach (e.g., lead a warm-up).



Value Me

Can demonstrate Key Values.



Healthy Me

Can explain the effect exercise has on their body, including; vital organs, mental health, memory and focus.

End of Year Attainment Targets:

Can mostly use running and jumping, throwing in isolation and in combination.
Can begin to use a range of skills in different ways and to link them to make actions and sequences of movement
Is continuing to develop flexibility, strength, technique, control and balance
Can show developing communication skills and collaborate with others in a variety of activities.
Shows increased confidence when comparing performances with previous attempts and demonstrates improvement to achieve their personal best.
Demonstrates growing confidence when evaluating performance and can recognise their own success
Children understand the effect regular exercise has on key organs, such as the heart, lungs and muscles, and how this helps keep their body healthy and strong.



Physical Me

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- HOPPING
- SKIPPING
- POWER
- STRENGTH
- FLEXIBILITY



Social Me

- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- UNDERSTANDING CONSTRUCTIVE "HELPFUL" FEEDBACK
- PERFORMING IN FRONT OF A GROUP



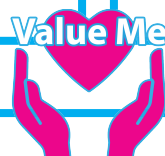
Thinking Me

- SELECT AND APPLY SKILLS
- USE TECHNICAL TERMS FOR MOVEMENTS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING SEQUENCES AND MOVEMENTS
- UNDERSTANDING HOW TO CONTROL MY BODY (TENSING CERTAIN MUSCLES)



Healthy Me

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTAND WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



Value Me

Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to wear appropriate footwear