



September 2025/26 - EYFS

## Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Fundamental Movement Skills	Dance - Animals	Gymnastics	Multiskills - Running, Jumping, Sending & Receiving	Co-operation	Target Games



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## Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1 - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Travel at different speeds.</li> <li>• Understand how to be spatially aware.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Basic understanding of how to change speed &amp; direction.</li> <li>• Attempt to avoid others while moving around.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Jump from one leg or two, demonstrating basic control.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Basic understanding of how to push up into a jump.</li> <li>• Experiment with jumping from one and two feet.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Introduce the coordination of different body parts to movement.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Basic understanding of how to complete a task using hand/eye or foot/eye coordination.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Balance for short durations, expecting the children to require two points of contact.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate a basic understanding of how to balance while moving.</li> <li>• Balance with two points of contact, with varied levels of success.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Run at different speeds while changing direction.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Attempt to change direction while maintaining a basic running speed.</li> <li>• Use agility to avoid people or objects.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Throw different pieces of equipment towards targets, with varying levels of success.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Attempt to aim &amp; throw the equipment towards large targets.</li> <li>• Basic understanding of when to release the equipment to ensure it travels in the air.</li> </ul>	

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Autumn 2 - Dance - Animals	<p>WALT:</p> <ul style="list-style-type: none"> <li>To introduce the theme of animals</li> <li>To learn what unison is</li> <li>To understand different levels within movement</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>I am looking for you to be able to dance and improvise like jungle animals</li> <li>I am looking for focus and engagement within the lesson</li> <li>I am looking for pupils to demonstrate using levels within their movement</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To learn and understand the meaning of a cannon.</li> <li>To learn and understand what mirroring is.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To demonstrate working in pairs of small groups using mirroring within their movement.</li> <li>To work as a group and show how cannon can be used within an improvisation task.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To understand and perform different travelling techniques across the space.</li> <li>To follow and rehearse the movements in a dance sequence.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To be able to recognise and think of different travelling movements.</li> <li>To be able to focus and retain movements that are taught in a dance sequence.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To be able to understand what formation means.</li> <li>To be able to work in small groups to create animal shapes.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To be able to perform in different formations that are created for the group.</li> <li>To be able to perform the creative animal shapes to the rest of the group and give feedback on the work of others.&amp;nbsp;</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To understand what the work dynamics mean and how it applies to dance.</li> <li>To be able to retain and copy dance movements.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To apply different dynamics to dance movements and demonstrate the different between simple dynamics.</li> <li>To be able to perform with confidence with short sequence that has been taught in time with the music.&amp;nbsp;</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To understand what body isolations are.</li> <li>To be able to rehearse and perform in a group to a small audience.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To demonstrate body isolations by moving just one body part at a time.</li> <li>To show excellent team work and focus both in rehearsals and during the small performance.</li> <li>To be able to retain the movements taught and recall then later in the class.</li> </ul>	
Spring 1 - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none"> <li>To introduce what gymnastics is and how we are going to progress in the coming weeks.</li> <li>Be able to find, and stay in a space.</li> <li>Learn and remember 3 key body shapes.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To be able to stand in a space, away from other&amp;nbsp;children and any objects.</li> <li>To be able to perform a stretch shape, star&amp;nbsp;shape, and tuck shape statically and as jumps.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Learn and perform balances on one leg in different positions.&amp;nbsp;</li> <li>To recap last week's shapes and jumps</li> <li>To continue working safely in appropriate spaces</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To be able to hold a balance for 10 seconds&amp;nbsp;without falling.</li> <li>To learn who the body can help you balance.</li> <li>To demonstrate the shapes and jumps from last week.&amp;nbsp;</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To travel in different ways using different body parts&amp;nbsp;and levels.</li> <li>To remember how we can help ourselves to balance using the skills that we learnt last week.&amp;nbsp;</li> <li>To use our imagination so that we can travel in more creative ways.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To be able to use different body parts to move&amp;nbsp;like different animals.</li> <li>To be able to travel in different directions</li> <li>To work&amp;nbsp;independently and creatively.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To&amp;nbsp;know&amp;nbsp;how to travel safely along a Beam.</li> <li>To be able to dismount a beam safely.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Controlled travelling across a bench with a safe jump at the end.</li> <li>To travel in different ways safely, without falling off the bench.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Safely perform different vault skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>To show creative Travelling on and off the vault tables.</li> <li>To be able to climb onto, and jump off the vault&amp;nbsp;tables in different and creative ways.</li> <li>To build up confidence when using&amp;nbsp;pieces of equipment.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>To apply all the new skills we have learnt over the&amp;nbsp;previous sessions into completing different obstacle&amp;nbsp;courses.</li> <li>To show a safe working practice on all the&amp;nbsp;equipment&amp;nbsp;and around others in the class.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Using a variety of different skills on different&amp;nbsp;pieces of equipment in a sequence to complete&amp;nbsp;an obstacle course like station.</li> <li>To use different ways of travelling, balances,&amp;nbsp;jumps, and shapes to help us complete the&amp;nbsp;stations.</li> </ul>	

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Spring 2 - Multiskills - Running, Jumping, Sending & Receiving	<p>WALT: • Practice basic running and jumping skills.</p> <p>WILF: • Participate in running games with improved coordination. • Attempt simple jumps with both feet. • Engage in playful activities that involve running and jumping together.</p>	<p>WALT: • Practice throwing and catching techniques.</p> <p>WILF: • Practice throwing various objects with guidance. • Attempt catching objects with two hands. • Engage in partner activities to enhance basic throwing and catching skills.</p>	<p>WALT: • To practice jumping in a variety of games.</p> <p>WILF: • Participate in running challenges with improved control. • Explore different jump directions and heights.</p>	<p>WALT: • Roll, under-arm and over-arm throw in different games.</p> <p>WILF: • Practice throwing accurately at static targets. • Practice moving and sending the ball at the same time.</p>	<p>WALT: • Build on skills learned and apply them in different games.</p> <p>WILF: • Combine running and jumping into games. • Take part in games that involve running, jumping, and agility.</p>	<p>WALT: • Apply throwing and catching skills in different games.</p> <p>WILF: • Demonstrate improved accuracy in throwing at moving targets.</p>	
Summer 1 - Co-operation	<p>WALT: Understand the importance of working together.</p> <p>WILF: Demonstrate understanding by engaging in partner games and following instructions during group activities.</p>	<p>WALT: • Develop teamwork skills through play-based activities.</p> <p>WILF: • Engage in games with a focus on teamwork and fair play, ensuring everyone is involved.</p>	<p>WALT: • Engage in group challenges that require problem-solving.</p> <p>WILF: Demonstrate effective communication and teamwork.</p>	<p>WALT: Focus on effective communication and active listening.</p> <p>WILF: Communicate clearly and effectively during group activities, ensuring everyone is included.</p>	<p>WALT: • Use teamwork through partner and small group activities.</p> <p>WILF: • Demonstrate trust by participating in partner activities. • Work with peers during small group challenges.</p>	<p>WALT: • Apply cooperation skills in various play and learning scenarios</p> <p>WILF: Examples of working together either with a partner or as part of a team.</p>	

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Summer 2 - Target Games	<p>WALT: • Develop a basic understanding of throwing objects towards targets.</p> <p>WILF: • Attempt to throw different shape &amp; size equipment towards large targets, with varying levels of success. • Attempt under &amp; overarm throws, demonstrating a basic understanding of the technique required.</p>	<p>WALT: • Develop a basic understanding of kicking objects towards targets.</p> <p>WILF: • Attempt to kick different size balls towards large targets, with varying levels of success. • Attempt to kick the ball with the inside, and front of the foot, with varying levels of success.</p>	<p>WALT: • To increase the distance from which the target is approached.</p> <p>WILF: • Show improved strength and coordination when throwing or hitting. • Successfully reach targets that are placed further away. • Adjust aim and force to account for increased distance.</p>	<p>WALT: • Apply the basic understanding of throwing objects from week 1.</p> <p>WILF: • Make attempts to accurately throw equipment of different shapes and sizes towards large targets, showing improved consistency and control. • Demonstrate both underarm and overarm throws with developing technique, illustrating a clearer understanding of the required skills and exhibiting better coordination and aim.</p>	<p>WALT: • To aim at targets placed at varying heights.</p> <p>WILF: • Successfully hit or throw towards targets that are both high and low. • Demonstrate adaptability in aiming based on the height of the target. • Understand and apply techniques for adjusting aim when targeting different heights.</p>	<p>WALT: • Apply the basic understanding of moving towards targets from week 3.</p> <p>WILF: • Show proficiency in aiming and hitting or throwing towards targets under different conditions (e.g., obstacles, varied distances). • Strategize and adapt aiming techniques to overcome challenges. • Demonstrate confidence and accuracy in hitting or throwing towards targets.</p>	