



September 2025/26 - Year 3

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Fundamental Movement Skills	Dance- Space	Gymnastics	Invasion Games	OAA	Athletics
Topic B	Multi Sports Term 1	Multi Skills	Functional Fitness	Dodgeball	Multi Sports Term 2	Striking & Fielding



September 2025/26 - Year 3

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none"> • Refine running technique and introduce basic sprinting skills. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate proper running posture with a forward lean and relaxed shoulders.&nbsp; • Increase running speed over short distances with controlled movements.&nbsp; • Participate in sprinting drills focusing on acceleration and deceleration.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine jumping technique and introduce basic plyometric exercises.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Perform basic plyometric exercises such as jump squats or box jumps with control.&nbsp; • Demonstrate proper landing technique, including bending the knees and absorbing impact.&nbsp; • Participate in jumping drills focusing on vertical and horizontal explosiveness.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn coordination skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex locomotor movements with coordination, such as galloping or jumping jacks.&nbsp; • Demonstrate improved coordination between upper and lower body movements.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine static balance skills and introduce dynamic balance activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Maintain balance while performing dynamic movements such as lunges or squats.&nbsp; • Demonstrate improved balance while navigating uneven surfaces or obstacles.&nbsp; • Participate in activities requiring balance adjustments in response to external stimuli (e.g., catching and throwing a ball while balancing).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine agility skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex agility movements with precision, such as ladder drills or cone drills.&nbsp; • Demonstrate improved coordination between upper and lower body movements during agility exercises.&nbsp; • Participate in activities requiring agility in different planes of movement (e.g., moving forward while dodging obstacles).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine throwing and catching skills and introduce more complex techniques. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex throwing techniques such as sidearm throws or overhead throws.&nbsp; • Demonstrate improved accuracy and distance in throwing and catching activities.&nbsp; • Participate in activities requiring coordination between throwing, catching, and movement (e.g., throwing and catching while moving). 	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1B - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none"> • Develop better dribbling skills with changes in direction.&nbsp; • Develop passing skills further.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Ability to dribble with control & changing direction smoothly.&nbsp; • Use both feet to pass the ball&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • use football skills taught in a small sided games situation. <p>WILF:</p> <ul style="list-style-type: none"> • children to use the inside and outside of the foot to show control of the ball whilst dribbling. • children to mirror the attacker to give themselves the best chance to make a tackle. 	<p>WALT:</p> <p>To maintain possession in Netball.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Targets up when receiving a pass. • Moving into space to give passer an option.&nbsp; • Catch the ball and pivot to look for a teammate in a better position. 	<p>WALT:</p> <p>To shoot with accuracy.</p> <p>WILF:</p> <ul style="list-style-type: none"> • A balanced stance with knees slightly bent before shooting. • Eye on the target. • Push the shot towards the target, extending arms.&nbsp; • Multiple steps when pivoting to scan where the best pass is. 	<p>WALT:</p> <p>To use different throwing techniques in Dodgeball.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Correct use of underarm and overarm throwing technique. • Good evasion and movement to dodge.&nbsp; • Communication and teamwork when playing a game. 	<p>WALT:</p> <p>To apply Dodgeball skills in gameplay.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Children to keep their heads and eyes up when making defensive moves. • Use agility and speed to evade thrown balls.&nbsp; • Mix up throwing techniques depending on where the opposing players are. 	
Autumn 2A - Dance- Space	<p>WALT:</p> <ul style="list-style-type: none"> • To understand what the word unison means and how it is applied in dance. • To introduce the theme of space and start to explore it in detail. <p>WILF:</p> <ul style="list-style-type: none"> • To show focus and engagement throughout the lesson. • To show an understanding of how to use unison within a creative activity. 	<p>WALT:</p> <ul style="list-style-type: none"> • To understand the meaning of cannon in dance and how it is used. • To understand dance sequences and how they can be created within the lesson. • To understand basic rhythm and how counts within dance are used. <p>WILF:</p> <ul style="list-style-type: none"> • To explore and demonstrate the use of cannon when working together in small groups. • To create short dance sequences in groups or pairs that link to the theme of space. • To practice basic rhythms as a class and then apply the rhythm practice to any independent work within the class. 	<p>WALT:</p> <ul style="list-style-type: none"> • To explore different levels and how they can be used within our space dance. • To explore different types of jumps and how we jump safely. <p>WILF:</p> <ul style="list-style-type: none"> • To use different levels within the choreography and explore how different levels can change the dynamics of a dance. • To demonstrate jumping safely both whilst practicing and performing. 	<p>WALT:</p> <ul style="list-style-type: none"> • To understand the meaning of the term formation and how it can be applied to the current dance routine. • To work on developing short sequences within groups. <p>WILF:</p> <ul style="list-style-type: none"> • To show an understanding of how different formations can be used to change the overall dynamics of a dance. • To show excellent teamwork when choreographing sequences within the group. 	<p>WALT:</p> <ul style="list-style-type: none"> • We are learning to throw shapes with a partner. • We are learning to develop our understanding of the skill improvisation and how we can include it within dance. <p>WILF:</p> <ul style="list-style-type: none"> • I am looking for you to create a phrase of throwing shapes. • I am looking for you to work well with a partner. • I am looking for you to do your own&#160;improvisation. 	<p>WALT:</p> <ul style="list-style-type: none"> • We are learning to use rehearsal time. • We are aiming for a small performance of our dance piece. • We are learning how to evaluate our own work and the work or our peers. <p>WILF:</p> <ul style="list-style-type: none"> • I am looking for you to use rehearsal time productively. • I am looking for focus throughout the lesson and active participation in the end performance. 	

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Autumn 2B - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce coordinated running and jumping techniques to develop agility and athleticism. <p>WILF:</p> <ul style="list-style-type: none"> • Execute basic running movements with increased speed and coordination, incorporating changes of direction.&nbsp; • Perform basic jumping movements with proper form and timing, focusing on generating power.&nbsp; • Participate in cooperative running and jumping activities, demonstrating teamwork and communication.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce advanced throwing and catching techniques to enhance accuracy and coordination. <p>WILF:</p> <ul style="list-style-type: none"> • Execute various throwing techniques (e.g., overarm, underarm) with improved accuracy and control.&nbsp; • Demonstrate proper catching techniques, including using both hands and body positioning for successful receptions.&nbsp; • Participate in partner activities focusing on synchronisation and timing in throwing and catching sequences.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce bowling & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • A basic understanding of bowling at differing height/distance targets. • A basic understanding of how to retrieve a ball and return to the bowler. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine running and jumping techniques and introduce basic variations. <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes while running (e.g., side steps, quick turns) with control and agility.&nbsp; • Perform basic variations of jumping movements such as forward jumps, sideways jumps, or single-leg jumps.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop power and distance in throwing for improved athletic performance.&nbsp;&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Perform throwing movements with increased velocity and distance, focusing on proper mechanics.&nbsp; • Execute explosive throwing movements (e.g., long throws, overhead throws) with power and accuracy.&nbsp; • Participate in throwing challenges to improve speed, power, and coordination. 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce batting & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • A basic understanding of batting, focusing on hitting the ball over direction/distance. • Continue to improve understanding of how to retrieve a ball and return to the bowler. 	

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Spring 1A - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none"> • To learn and remember the seven gymnastic positions. • To perform a selection of these shapes as jumps. <p>WILF:</p> <ul style="list-style-type: none"> • To be able to show correctly a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape. • To be able to correctly perform some of the above positions as jumps. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop our balance. • Learn five different gymnastics balances. • Create a variety of partner balances. <p>WILF:</p> <ul style="list-style-type: none"> • Develop our balance. • Learn five different gymnastics balances. • Create a variety of partner balances. 	<p>WALT:</p> <ul style="list-style-type: none"> • To travel in different ways on the floor and on level, or&#160;sloped balance beam. • To dismount the balance beam by using a variety of&#160;jumps. <p>WILF:</p> <ul style="list-style-type: none"> • To show safe and creative ways of moving from one&#160;end of a mat to the other. • To show safe and creative ways to move down a bench. • To jump off the balance beam using correct&#160;technique and showing a good landing shape. 	<p>WALT:</p> <ul style="list-style-type: none"> • To learn and take part in drills which will help us&#160;get closer to doing a range of different floor skills. • To create and perform routines. • To watch other routines to develop peer assessment&#160;skills. <p>WILF:</p> <ul style="list-style-type: none"> • To take part in progressions, working towards&#160;different skills. • To work together to create a routine that&#160;includes all your team members. • To confidently perform your routine to the rest&#160;of the class. 	<p>WALT:</p> <ul style="list-style-type: none"> • Perform a variety of different vaults. • Use different methods of travelling and balance from&#160;previous lessons. <p>WILF:</p> <ul style="list-style-type: none"> • To show safe mounting and dismounting of the vaults. • To travel up benches using balance to do it&#160;without falling off. • To jump off the vaults and &#160;land safely and&#160;correctly. 	<p>WALT:</p> <ul style="list-style-type: none"> • To perform a sequence of movements using a variety of&#160;different equipment. • To &#160;use strength and coordination to safely climb up and&#160;down the climbing frame. <p>WILF:</p> <ul style="list-style-type: none"> • To perform different skills and movements one&#160;after another to create a sequence. • To use all the skills from previous lessons;&#160;shapes, jumps, balance, travelling, beam, and&#160;vault skills. • To climb up and down the climbing frame&#160;following all the rules. 	

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Spring 1B - Functional Fitness	<p>WALT:</p> <ul style="list-style-type: none"> Enhance speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none"> Perform agility drills with increased speed and accuracy.&nbsp; Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively.&nbsp; Demonstrate improved reaction time to auditory and visual cues during movement tasks.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Introduce dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none"> Perform explosive movements such as jump squats and broad jumps with control.&nbsp; Generate power through coordinated movements and full-body engagement.&nbsp; Participate in partner activities requiring coordination and timing.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Introduce circuit training to improve overall endurance and stamina. <p>WILF:</p> <ul style="list-style-type: none"> Complete circuits consisting of various exercises with minimal rest between stations.&nbsp; Sustain effort and intensity throughout the entire circuit.&nbsp; Participate in partner or team-based circuit challenges to foster camaraderie and motivation.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Progress & practice enhancing speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none"> Continue to perform agility drills with increased speed and accuracy.&nbsp; Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively.&nbsp; Demonstrate improved reaction time to auditory and visual cues during movement tasks.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Progress & practice dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none"> Continue to perform explosive movements such as jump squats and broad jumps with control.&nbsp; Generate power through coordinated movements and full-body engagement.&nbsp; Participate in partner activities requiring coordination and timing. 	<p>WALT:</p> <ul style="list-style-type: none"> Progress & practice activities included in a circuit, to improve overall endurance and stamina.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Continue to complete circuits consisting of various exercises with minimal rest between stations.&nbsp; Sustain effort and intensity throughout the entire circuit.&nbsp; Participate in partner or team-based circuit challenges to foster camaraderie and motivation. 	
Spring 2A - Invasion Games	<p>WALT:</p> <ul style="list-style-type: none"> Increase confidence & understanding of when & how is best to throw when a target is moving in different directions. <p>WILF:</p> <ul style="list-style-type: none"> Attempt to pass to a teammate, using the correct technique for both chest & bounce pass. Attempt to dribble the ball using one hand, keeping control over a short distance. 	<p>WALT:</p> <ul style="list-style-type: none"> Dribble the ball over short distances, and hit the ball using a push shot, with varied levels of success. <p>WILF:</p> <ul style="list-style-type: none"> Show basic control skills when dribbling the ball. Show basic understanding of how to perform a push shot, with varying levels of success in relation to distance & direction. 	<p>WALT:</p> <ul style="list-style-type: none"> Develop basic attacking skills including running with the ball and evading defenders. Understand the rules and objectives of scoring a try in rugby. <p>WILF:</p> <ul style="list-style-type: none"> Pupils demonstrating a clear understanding of how to score a try, including grounding the ball correctly on the try line.&nbsp; Pupils using agility and evasion techniques to bypass defenders. 	<p>WALT:</p> <ul style="list-style-type: none"> Use passing and shooting skills in a game setting. <p>WILF:</p> <ul style="list-style-type: none"> Passes are accurate and reach the intended teammate. Shots are aimed accurately at the goal. Effective use of passing and shooting under game conditions. 	<p>WALT:</p> <ul style="list-style-type: none"> Work together in small-sided games to apply passing and shooting skills effectively. <p>WILF:</p> <ul style="list-style-type: none"> Pupils can pass the ball to a teammate with control.&nbsp; Pupils can shoot with power and accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> Developing handball skills to apply skills into game situations. <p>WILF:</p> <ul style="list-style-type: none"> Pupils demonstrate the ability to pass the ball accurately to a teammate.&nbsp; Pupils can shoot the ball towards the goal using correct form.&nbsp; Pupils can apply skills learnt in the lesson to game situations.&nbsp; 	

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Spring 2B - Dodgeball	<p>WALT: • Throw a ball accurately towards a target • Understand the basic rules of dodgeball</p> <p>WILF: Correct overarm or underarm throwing technique Aiming at a target with control Participation in game scenarios with some understanding of the rules</p>	<p>WALT: • Improve the power and accuracy of throws</p> <p>WILF: Using whole-body movement to generate power (e.g., stepping into the throw) Aiming for specific areas of the opponent's body (below shoulders) Accuracy improving in short and longer throws</p>	<p>WALT: • Dodge balls effectively during gameplay</p> <p>WILF: Quick reflexes to avoid balls thrown by opponents Using side steps, jumps, and ducks to dodge Ability to read the game and anticipate throws</p>	<p>WALT: Catch a ball safely during gameplay Combine dodging and catching techniques</p> <p>WILF: Correct catching technique (eyes on the ball, hands out in front) Timing of dodging and catching Awareness of when to dodge versus when to attempt a catch</p>	<p>WALT: • Make quick decisions on whether to dodge, catch, or throw</p> <p>WILF: Smart decision-making based on game situation Effective teamwork, communicating with peers Combining skills learned (throwing, dodging, catching) in game scenarios</p>	<p>WALT: • Apply throwing, dodging, and catching skills in a competitive game</p> <p>WILF: Display control, accuracy, and power in throws Use dodging and catching skills under pressure</p>	
Summer 1A - OAA	<p>WALT: • Introduce orienteering and the concept of position and direction.</p> <p>WILF: • Understand the cardinal compass points.</p>	<p>WALT: • To introduce activities that require problem solving skills.</p> <p>WILF: • Communication among peers. • Strategy and planning.</p>	<p>WALT: • Work as a team to achieve a goal.</p> <p>WILF: • Communication and leadership skills.</p>	<p>WALT: • Build on orienteering skills previously learned.</p> <p>WILF: • Knowledge of cardinal points and correct use with regards to position and direction.</p>	<p>WALT: • Use problem solving skills in practice.</p> <p>WILF: • Team work, communication and strategy.</p>	<p>WALT: • Work as a team to succeed in a common goal.</p> <p>WILF: • Good communication. • Team effort and encouragement.</p>	
Summer 1B - Multi Sports Term 2	<p>WALT: To practice passing and scoring a try.</p> <p>WILF: • Correct grip of the rugby ball with two hands • Correct passing technique, passing from the pocket • Target up when receiving a pass • Teamwork when playing tagging games</p>	<p>WALT: Work on kicking and tagging skills.</p> <p>WILF: • Children to know where is best to kick the ball for a grubber and punt kick • Children to shorten their steps when approaching an attacker, giving them the best opportunity to tag them</p>	<p>WALT: Work on passing and dribbling skills in Basketball.</p> <p>WILF: • Good control of the ball whilst dribbling • Correct technique when using chest pass and bounce pass • Use of evasion and agility to beat defenders whilst dribbling</p>	<p>WALT: Maintain possession in Basketball whilst attacking.</p> <p>WILF: • Bouncing the basketball when moving • Use of dominant hand to control the ball • Keep head up when dribbling to see where teammates are to pass to • Extend arms to target when passing</p>	<p>WALT: Continue to develop passing & dribbling skills</p> <p>WILF: • Improved confidence in passing over different distances. • Continue to improve dribbling skills, attempting to use both sides of the stick & change direction without having to stop moving.</p>	<p>WALT: • Continue to develop shooting & defending skills.</p> <p>WILF: • Improved confidence in shooting from different distances & angles. • Continue to improve defending skills, reducing the number of fouls conceded and reducing the number of goals conceded.</p>	

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Summer 2A - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> • Develop sprinting techniques such as stride length and frequency.&nbsp; • Practice sprinting over short distances with proper form.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Demonstration of improved stride length and frequency.&nbsp; • Consistent use of proper sprinting form (e.g., driving knees, pumping arms). 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore different types of jumps, including broad jump and running jumps such as long jump and triple jump.&nbsp; • Develop jumping strategies to maximise distance or height. <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of basic jumping techniques, including standing long jump and two-foot take-off.&nbsp; • Application of jumping strategies to achieve desired outcomes (e.g., jumping for distance or height).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore different types of throws, including overarm and underarm throws.&nbsp; • Develop throwing strategies to achieve greater distance or accuracy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of basic throwing techniques, including overarm throw and push throw.&nbsp; • Application of throwing strategies to achieve desired outcomes (e.g., throwing for distance or accuracy).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore different long-distance running techniques.&nbsp; • Understand the concept of pacing and race strategy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of basic long-distance running techniques.&nbsp; • Demonstrated understanding of pacing and the ability to adjust speed accordingly. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities. <p>WILF:</p> <ul style="list-style-type: none"> • An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp; 	
Summer 2B - Striking & Fielding	<p>WALT:</p> <p>To learn basic rounders skills.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Use of the upper thigh or leg to support with collecting a ball rolling toward you. • Hands cupped for scooping the ball safely.&nbsp; • When batting, keep eyes on the ball and extend your arm towards the ball, following through on impact. 	<p>WALT:</p> <p>To use another type of striking (kicking) in Danish Longball.</p> <p>WILF:</p> <ul style="list-style-type: none"> • The use of different parts of foot to strike the ball. • Accurate throwing and kicking. • Good teamwork and communication. 	<p>WALT:</p> <p>Use a Cricket bat to strike a ball.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Correct hand positioning on the bat. • Cupped hands, ready to receive a hit or rolling ball.&nbsp; • Good body awareness and use of legs to help field a rolling ball. • Confident underarm and overarm throwing techniques. 	<p>WALT:</p> <p>To apply striking skills in a Rounders game.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Teamwork and communication when fielding. • Targets up when receiving a throw or catching a hit ball. • Bat held in dominant hand, keep eyes on the ball and try to make clean contact with the ball. 	<p>WALT:</p> <p>To utilise striking skills in game play.</p> <p>WILF:</p> <ul style="list-style-type: none"> • The ability to react and run straight away after kicking to score points. • Fielders to work together to try to get the strikers out. • The use of passes between teammates when fielding. 	<p>WALT:</p> <p>To apply cricket skills into game situations.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Extend arm when throwing underarm and overarm. • Push the cricket bat towards the ball when making contact. • Keep eyes on the ball when getting ready to bat. • When fielding, track the ball, cup hands and secure the ball safely. 	