



September 2025/26 - Year 4

### Long Term Plan

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



September 2025/26 - Year 4

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Autumn 1A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Be able to run for long distances.</li> <li>• Be able to change stride length when needed.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Learn how to pace yourself when running for a long period of time.&amp;nbsp;</li> <li>• Be able to identify when to&amp;nbsp; use short or long strides and perform them both at the correct time.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Be able to change jumping technique.</li> <li>• Remain in control of their body when jumping.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Be able to jump over hurdles and perform two footed jumping correctly.</li> <li>• Be able to continuously jump by using the balls of their feet and engaging core.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Continue developing the coordination of arms, eyes &amp; legs</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Expand on the hand-eye &amp; foot-eye coordination developed in previous years, explaining what they are, and giving examples of where they'd be used.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Begin to understand which muscles are used when balancing.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Be able to feel and point out which muscles are working when performing different balances and exercises.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Be able to change through different speeds in different situations.</li> <li>• Develop foot speed.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• To travel around in different ways while avoiding others.</li> <li>• Be able to accurately run through the ladders at a high speed.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Be able to demonstrate proper catching technique.</li> <li>• Be able to notice a difference on the body when exercising.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Apply motor skills and hand-eye coordination to group games.</li> <li>• Point out the difference that physically intense activities have on the body compared to less intense activities.&amp;nbsp;</li> </ul>			



	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Autumn 2B - Multi Sports Term 1	<p>WALT: Enhance dribbling speed while maintaining control. Enhance passing accuracy with both feet.</p> <p>WILF: Maintain control of the ball while dribbling at varying speeds.</p> <p>Accurate passing with both feet.</p>	<p>WALT: • Be able to shoot accurately. • Learn how to defend the opposing team successfully.</p> <p>WILF: • Demonstrate the ability to shoot at different places in the goal to avoid the goalkeeper. • Be able to mark other players while also keeping your eye on the ball.</p>	<p>WALT: Learn to pass in different ways. Be able to make decisions quickly about what kind of pass is best.</p> <p>WILF: Be able to perform both bounce and chest pass accurately with correct technique. Be able to plan passes meaning to keep possession of the ball.</p>	<p>WALT: Be able to shoot at a goal. Understand how to correctly pivot and when to use it.</p> <p>WILF: Accurately be able to shoot the ball into&amp;nbsp;target from different distances. Be able to leave one foot on the floor and rotate around to see if there are a</p>	<p>WALT: Learn how to dodge a ball coming towards you. Understand the rules of dodgeball.</p> <p>WILF: Demonstrate the ability to stay on their toes to quickly move and avoid a ball. Be able to follow the dodgeball rules and any safety instructions given.</p>	<p>WALT: Learn which balls are the correct ones to try catch. Be able to throw the ball accurately.</p> <p>WILF: Be able to identify the balls that have been thrown higher making it easier to catch them, leading to a teammate being able to rejoin the game. Demonstrate the ability to be able to throw the ball at the other team successfully hitting them.</p>		
Spring 1A - Dance- Street Dance	<p>WALT: • To understand the meaning of unison and how it is used in dance.&amp;#160; • To understand what freeze frames are and how this can improve our routine.</p> <p>WILF: • &amp;#160;To show focus and engagement throughout the lesson. • To show how to use unison within a creative task in both groups and pairs.</p>	<p>WALT: • We are learning to understand canon and how this can be an&amp;#160;effective&amp;#160;way to improve our dance.&amp;#160; • We are learning to use repetition and how this skill can work well within the routine.</p> <p>WILF: • I am looking for you to use canon in your&amp;#160;performance. • I am looking for you to include repetition within the dance. • I am looking for you to work well as a team and rehearse choreography learnt in the previous session.</p>	<p>WALT: • We are learning to continue to use canon following from last session and deepen our understanding of the skill. • We are learning different types of rhythm in dance and how to apply it to our&amp;#160;dance&amp;#160;routine. • We are learning how to show excellent teamwork to make the most of rehearsal time.</p> <p>WILF: • Excellent engagement throughout the entire class for all activities. • To apply canon within our dance and add more to the dance routine. • To have a good understanding of different types of rhythms.</p>	<p>WALT: • To continue the theme of street dance. • To continue learning and developing our rhythms from last session. • To learn what throwing shapes are. • To use the skill throwing shapes and develop a short phrase with a partner.</p> <p>WILF: • • To demonstrate good knowledge of how to use the skill throwing shapes within a routine. • To be fully engaged throughout the lesson. • To apply our understanding of rhythms learnt from last session to our dance.&amp;#160;</p>	<p>WALT: • To continue developing the choreography for the routine we have been working on in the previous weeks. • To learn what 'mirroring' is and how it can be used in dance. • To learn what &amp;#8216;improvisation&amp;#8217; is and how it can be used in dance.</p> <p>WILF: • To show full engagement throughout the entire lesson. • To show a good knowledge of the previous routine.&amp;#160; • To develop ideas to mirror within a group task. • To show a good knowledge of the skill improvisation.</p>	<p>WALT: • To create ending sections for the group routine that we have been working on. • To develop performance skills during our rehearsals today. • To evaluate our own work as well as the work of our peers.</p> <p>WILF: • To show engagement throughout the entire lesson. • To practice show the progression of performance skills.</p>		



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Spring 2A - Functional Fitness	<p>WALT: Develop an understanding of sprinting at a high speed over a short distance. Change direction at speed.</p> <p>WILF: Demonstrate a strong sprinting technique, using the arms &amp; legs to increase speed. An understanding of shortening running stride to change direction while maintaining balance.</p>	<p>WALT: • Continue to develop strength &amp; power in competitive activities. • Increase jumping distance through the use of different body parts.</p> <p>WILF: • An understanding of the difference between higher &amp; lower body strength &amp; power. • A consistent jump that maximises all body parts.</p>	<p>WALT: • Demonstrate an understanding of pacing in long distance running. • Develop an initial understanding of different muscular endurance activities.</p> <p>WILF: • Confidently show a consistent running speed, understanding the benefits of endurance activities. • Suggest ideas of which muscles may be working during different muscular endurance activities.</p>	<p>WALT: Continue to improve sprinting over a short distance. Continue to improve direction changes at speed.</p> <p>WILF: Confidently demonstrate a strong sprinting technique, using the arms &amp; legs to increase speed, while also considering head movement. Confidently demonstrate the shortening of a running stride to change direction while maintaining balance.</p>	<p>WALT: • Continue to develop strength &amp; power in competitive activities. • Continue to improve body weight exercise techniques, and understand which exercises require which muscles.</p> <p>WILF: • Begin to explain if an exercise is working upper body, lower body or both. • Explain what the different body weight exercises look like.</p>	<p>WALT: • Explain what pacing is, and look to improve pacing speed in longer distance running activities. • Explain what's happening to our body when exercising for a longer period of time.</p> <p>WILF: • Progress a confident long distance run into a competitive run, increasing the speed over a longer distance to increase success. • An understanding of which activities require which body parts to work for longer.</p>		

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Spring 2B - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand how to increase speed over a short distance.</li> <li>Be able to perform different movements with control over a set distance.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Be able to perform short strides to build power.</li> <li>Perform both hopping and jumping without losing body control.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Be able change the type of throw performed depending how far the ball needs to be thrown.</li> <li>Understand how to avoid and move away from attackers in a game.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Be able to perform both the underarm and overarm throw accurately.</li> <li>Perform side steps and change of direction to evade attackers.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Learn how to bowl correctly towards a target.</li> <li>Learn how to correctly hold a cricket bat.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Bowl at a target consistently and accurately.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand the importance of finding a space.</li> <li>Learn different evasion techniques that can be used in a game.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>When evading attackers, show how to find a space and where it can be found.</li> <li>Perform both side steps and change of directions.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Learn how to correctly receive a rugby ball.</li> <li>Understand how to perform a shot put throw correctly.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Be able to demonstrate catching the ball in a W shape.</li> <li>Be able to demonstrate an understanding that a shot put throw originates from the neck.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Learn how to stand correctly when batting the ball.</li> <li>Understand basic rules and tactics for kwik cricket.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Understand why it is important to stand side on when batting a ball.</li> <li>Be able to show an understanding of why we want to hit the ball low to the ground in a game</li> </ul>		
Summer 1A - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none"> <li>Throw a ball accurately towards a target</li> <li>Understand the basic rules of dodgeball</li> </ul> <p>WILF:</p> <p>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:</p> <ul style="list-style-type: none"> <li>Improve the power and accuracy of throws</li> </ul> <p>WILF:</p> <p>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:</p> <ul style="list-style-type: none"> <li>Dodge balls effectively during gameplay</li> </ul> <p>WILF:</p> <p>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:</p> <p>Catch a ball safely during gameplay Combine dodging and catching techniques</p> <p>WILF:</p> <p>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:</p> <ul style="list-style-type: none"> <li>Make quick decisions on whether to dodge, catch, or throw</li> </ul> <p>WILF:</p> <p>Smart decision-making based on game situation Effective teamwork, communicating with peers Combining skills learned (throwing, dodging, catching) in game scenarios</p>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Apply throwing, dodging, and catching skills in a competitive game</li> </ul> <p>WILF:</p> <p>Display control, accuracy, and power in throws Use dodging and catching skills under pressure</p>		

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Summer 1B - Invasion Games	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Pass the ball to a mix of stationary &amp; moving targets, and dribble the ball in a straight line with improved levels of success.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• An understanding of how to pass to a stationary teammate using the correct technique.</li> <li>• An understanding of how to dribble using one hand, keeping control while travelling in a straight line.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Dribble the ball in different directions, avoiding stationary targets, and continue to practice hitting the ball using a push shot, with increased levels of success.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Improved control when dribbling the ball.</li> <li>• Improved understanding of the push shot, with increased accuracy in relation to distance &amp; direction.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Develop a general understanding of the different skills required in rugby.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Confidently pass &amp; catch the ball using two hands, stationary &amp; dynamically. </li> <li>• Demonstrate a low, balanced body position which can be progressed into completing a full tackle.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• To demonstrate control and accuracy of passing and catching.</li> <li>• To improve footwork that can be used during a game situation.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Be able to successfully pass the ball 5 times without the ball being intercepted. </li> <li>• Demonstrate landing and pivoting skills.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Be able to incorporate all of the football skills into a small sided game.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>• Understand when to use a jump shot in a game situation.</li> <li>• Begin to learn basic handball rules.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Perform a jump shot while scoring to get closer to the goal.</li> <li>• Understand that when moving in handball the ball needs to be bounced every 3 steps.</li> </ul>			

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Summer 2A - Striking & Fielding	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand the basic rules and skills of rounders.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate proper batting stance and hitting technique.</li> <li>Understand the concept of bases and running between them.</li> <li>Apply fielding techniques, such as catching and throwing accurately.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Learn the rules and strategies of Danish Longball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate effective throwing and catching skills.</li> <li>Understand how to avoid being tagged out and the importance of team communication.</li> <li>Apply offensive strategies to advance and score runs.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Introduce the fundamental concepts of cricket.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Exhibit improved batting technique and aiming for better hits.</li> <li>Apply strategic running between bases and decision-making when to run or stay.</li> <li>Demonstrate improved fielding techniques, including accurate throws and teamwork.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Build upon rounders skills and understanding.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Exhibit improved batting technique and aiming for better hits.</li> <li>Apply strategic running between bases and decision-making when to run or stay.</li> <li>Demonstrate improved fielding techniques, including accurate throws and teamwork.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Enhance Danish long ball skills and tactics.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Showcase more accurate throwing and catching abilities.</li> <li>Employ advanced evasive maneuvers to avoid being tagged.</li> <li>Develop offensive strategies and team coordination for successful runs.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Deepen the understanding of cricket strategies and gameplay.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Apply advanced batting techniques, including shot selection and placement.</li> <li>Explore bowling variations and tactics to deceive the batsman.</li> <li>Understand the importance of strategic field placements and communication.</li> </ul>			
Summer 2B - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand how to generate power.</li> <li>Understand what happens to their body when running.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Learn how to push off the back foot when in a standing position to create power for sprints.</li> <li>Highlight key points such as, they feel out of breath, and begin to sweat.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand how the body moves when jumping</li> <li>Be able to complete all jumps with control.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate how the arms can also contribute to a higher or longer jump.</li> <li>Use core muscles to be able to perform jumping/ hopping without losing body control.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Be able to follow safety instructions when performing the javelin.</li> <li>Learn correct throwing technique.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate the ability to follow strict safety rules and understand why they are in place.</li> <li>Be able to demonstrate the correct grip and placement when throwing a javelin.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Understand what pacing is, and how longer distance running differs to sprinting.</li> <li>Develop a determination to continue running when the body starts to fatigue.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>An understanding that if they run too quick, they'll have to walk due to fatigue, but if they start slower, they can increase speed towards the end if they have the energy.</li> <li>A clear ambition to continue running when they're tired, and not give up.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Continue to improve sprinting, jumping, throwing &amp; long distance running techniques through different activities.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</li> </ul>	<p>WALT:</p> <ul style="list-style-type: none"> <li>Continue to improve sprinting, jumping, throwing &amp; long distance running techniques through different activities.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</li> </ul>			