



September 2025/26 - Year 6

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Fundamental Movement Skills	Gymnastics	Dance- Musical Theatre	Dodgeball	Invasion Games	Tennis
Topic B	OAA	Multi Sports Term 1	Hockey	Badminton	Cricket	Athletics



September 2025/26 - Year 6

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"> • Introduce the principles of good running techniques. • Be able to begin a sprint race using the semi-crouched start. <p>WILF:</p> <ul style="list-style-type: none"> • Practice running skills in a variety of games and activities.&nbsp; • Understand how techniques can be used to gain advantage over competitors. 	<p>WALT:</p> <ul style="list-style-type: none"> • Practise various two feet jumping and landing skills. • Understand the importance of a warm up. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate a soft landing, jumping a long distance, jumping and landing with feet together and apart. • Be able to talk about how a warm up can affect and benefit our bodies. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue developing the coordination of arms, eyes & leg. <p>WILF:</p> <ul style="list-style-type: none"> • Expand on the hand-eye & foot-eye coordination developed in previous years, explaining what they are, and giving examples of where they'd be used. 	<p>WALT:</p> <ul style="list-style-type: none"> • Demonstrate their abilities at balancing their bodies. • Explain some scientific terms related to balance. <p>WILF:</p> <ul style="list-style-type: none"> • Be able to balance in different shapes and positions without falling/wobbling. • Understanding and engaging their core can help with balancing. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn how to quickly move around the area and change direction. • Be able to use the whole body when moving quickly. <p>WILF:</p> <ul style="list-style-type: none"> • Stay on the balls of their feet to allow them to change direction quickly. • Engage arms, legs and core when participating in agility focused exercises. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn how to keep possession of the ball in a game setting. • Understand why communication is important. <p>WILF:</p> <ul style="list-style-type: none"> • Be able to find a space and pass into it. • Use verbal communication to talk to teammates to help successfully make a pass. 	

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Autumn 1B - OAA	<p>WALT:</p> <ul style="list-style-type: none"> Understand the concept of a map or plan. Be able to successfully locate markers. <p>WILF:</p> <ul style="list-style-type: none"> Be able to identify key parts of the map such as buildings and trees to help them work out where they are and where they're going. 	<p>WALT:</p> <ul style="list-style-type: none"> Identify problems of different scales and what is needed to solve them. <p>WILF:</p> <ul style="list-style-type: none"> Be able to communicate as a team and work out what resources are needed to solve the problem. 	<p>WALT:</p> <ul style="list-style-type: none"> Learn when to support and lead others. <p>WILF:</p> <ul style="list-style-type: none"> Learn to work in teams to decide what approach to use to meet challenges. 	<p>WALT:</p> <ul style="list-style-type: none"> Gain more knowledge on how to read maps. To think quickly in order to create different actions. <p>WILF:</p> <ul style="list-style-type: none"> To orientate themselves and move with increasing knowledge, confidence and accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> Cooperative learning and working together in a team. <p>WILF:</p> <ul style="list-style-type: none"> Learn to trust each other and develop both verbal and non verbal communication between peers. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand the importance of leadership. <p>WILF:</p> <ul style="list-style-type: none"> Be able to take a leadership role to effectively help your peers in a constructive way. 	
Autumn 2A - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none"> To learn and remember the nine 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, front support and back support. 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 nine different gymnastics balances. Create a variety of partner balances. <p>WILF:</p> <ul style="list-style-type: none"> To show an excellent understanding of how we perform and develop balances. To show accuracy and development in nine different gymnastics balances. To demonstrate excellent teamwork by creating a variety of partner balances based on the nine gymnastic positions that we will be learning. 	<p>WALT:</p> <ul style="list-style-type: none"> To travel in different ways on the floor and on level, or sloped balance beam. To dismount the balance beam by using a variety of jumps. <p>WILF:</p> <ul style="list-style-type: none"> To show safe and creative ways of moving from one 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 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 get closer to doing a range of different floor skills. To create and perform routines. To watch other routines to develop peer assessment skills. <p>WILF:</p> <ul style="list-style-type: none"> To take part in progressions, working towards different skills. To work together to create a routine that includes all your team members. To confidently perform your routine to the rest of the class. 		<p>WALT:</p> <ul style="list-style-type: none"> To perform a sequence of movements using a variety of different equipment. To use strength and coordination to safely climb up and down the climbing frame. <p>WILF:</p> <ul style="list-style-type: none"> To perform a sequence of movements using a variety of different equipment. To use strength and coordination to safely climb up and down the climbing frame. 	

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Autumn 2B - Multi Sports Term 1	<p>WALT: Pass the ball to a stationary & dynamic target. Dribble with both feet in different directions.</p> <p>WILF: Demonstrate a pass with the inside of the foot, to different targets, over different distances. Demonstrate dribbling with both feet, maintaining control of the ball.</p>	<p>WALT: Shoot the ball at a goal, focusing on control, and keeping the ball away from the goalkeeper. Demonstrate the different ways of defending & intercepting the ball.</p> <p>WILF: An understanding of how to shoot with power, and control, increasing the rate of goals scored. Learn how to safely defend, increasing the chance of intercepting the ball.</p>	<p>WALT: Learn the different techniques involved in passing a ball. Learn which pass is best in certain situations.</p> <p>WILF: Demonstrate a bounce and chest pass accurately with correct technique. Select the type of pass which increases the chance of maintaining possession in that certain situation.</p>	<p>WALT: Develop a consistent & effective shooting technique. Understand why pivoting is important.</p> <p>WILF: Demonstrate how to shoot the ball towards the net from different distances. Be able to leave one foot on the floor and pivot, looking & passing to supporting players.</p>	<p>WALT: Learn how to dodge & throw a ball effectively. Understand the rules of dodgeball.</p> <p>WILF: Demonstrate the ability to stay on their toes, reacting quickly to avoid a ball. Be able to follow the dodgeball rules and any safety instructions given.</p>	<p>WALT: Learn which balls are the easiest to catch. Develop a reliable, accurate throw of the ball.&nbsp;</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>	

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Spring 1A - Dance- Musical Theatre	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce the theme of 'Theatre' • To engage fully in all activities throughout the class • To learn choreography for section 1 - The Greatest Showman. • To learn how unison and repetition can be effective in dance. <p>WILF:</p> <ul style="list-style-type: none"> • To engage in and learn the choreography for The Greatest Showman. • To demonstrate an understanding of two terminology words 	<p>WALT:</p> <ul style="list-style-type: none"> • To recap the theme of 'Theatre'. • To learn the choreography of section 2 - 'Matilda'. • To be able to add characterisation within the dance. <p>WILF:</p> <ul style="list-style-type: none"> • To be fully engaged in all activities throughout the lesson. • To be able to recap the terminology words from last week and understand this weeks new words • To remember last weeks choreography and add onto with a new section 	<p>WALT:</p> <ul style="list-style-type: none"> • To add section 3 to the whole routine - Hairspray. • To recap the previous two weeks choreography. • To understand and learn how to dance in different formations. • To have a deep understanding of how to include canon within a dance routine. <p>WILF:</p> <ul style="list-style-type: none"> • To be able to recall the previous weeks choreography. • To remain focused and engaged throughout the entire session. • To be able to show excellent knowledge of the skill formations. • to be able to show excellent knowledge of the skill canon. 	<p>WALT:</p> <ul style="list-style-type: none"> • Recap the theme of theatre. • To learn choreography for section 4 - Lion King. • To learn how different levels can improve our dance. <p>WILF:</p> <ul style="list-style-type: none"> • Engagement and focus throughout the entire lesson • Good recollection of the previous weeks choreography. 	<p>WALT:</p> <ul style="list-style-type: none"> • To recall the previous week's choreography. • To learn choreography for the final section - Shrek • To explore the uses of partner work and how to work effectively together. <p>WILF:</p> <ul style="list-style-type: none"> • To show engagement and focus throughout the lesson. • To show good recollection of the choreography from previous weeks. • To show excellent teamwork skills when working in partners. 		

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Spring 1B - Hockey	<p>WALT:</p> <ul style="list-style-type: none"> • Learn how to dribble successfully. • Begin to learn rules about the game <p>WILF:</p> <ul style="list-style-type: none"> • Be able to dribble the ball close to the hockey stick and use both sides of the stick to gain more control. • Understand that only one defender can be on an attacker at a time. 	<p>WALT:</p> <ul style="list-style-type: none"> • To be able to perform basic passing and receiving techniques. • Be able to propel the ball to a teammate in order to outwit an opponent. <p>WILF:</p> <ul style="list-style-type: none"> • Be able to accurately perform the push pass to a partner. • Perform accurate passing techniques under pressure of a game. 	<p>WALT:</p> <ul style="list-style-type: none"> • To develop both offensive and defensive skills. • Begin to understand how to intercept the ball in a game. <p>WILF:</p> <ul style="list-style-type: none"> • To be able to put offensive and defensive skills into a game-like setting. • Show attempts to intercept the ball from the other team by always moving and defending another player. 	<p>WALT:</p> <p>To develop their understanding and knowledge of how to shoot correctly and safely</p> <p>WILF:</p> <ul style="list-style-type: none"> • To perform and accurately replicate the correct techniques to shoot a ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue to improve passing, possession, shooting and defending techniques through activities & small sided games. <p>WILF:</p> <ul style="list-style-type: none"> • Successfully complete 5 passes in a row as a team without losing possession of the ball. • Perform push passes accurately to a teammate to gain a large advantage towards a goal. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games. <p>WILF:</p> <ul style="list-style-type: none"> • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games. 		
Spring 2A - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none"> • Develop accurate and powerful throwing techniques in dodgeball. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate proper grip and stance for effective throws. • Use upper body strength and coordination to throw the ball with accuracy. • Understand the importance of targeting opponents and strategic throwing decisions. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn and practice dodging techniques to avoid getting hit. <p>WILF:</p> <ul style="list-style-type: none"> • Learn different types of dodges, such as side-stepping and ducking. • Apply quick reflexes and agility to evade incoming throws. • Understand how to read opponents' movements to anticipate throws and dodge effectively. 	<p>WALT:</p> <ul style="list-style-type: none"> • Focus on developing catching skills to eliminate opponents and protect the team. <p>WILF:</p> <ul style="list-style-type: none"> • Practice hand-eye coordination for successful catches. • Understand the importance of positioning and timing when attempting a catch. • Learn how to cushion the impact of the ball when catching to prevent dropping it. 	<p>WALT:</p> <p>Refine throwing techniques and apply them in game situations</p> <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate improved throwing accuracy and consistency. • Use varying throwing angles and speeds to surprise opponents. • Understand the concept of teamwork and coordinated throws to eliminate opponents strategically. 	<p>WALT:</p> <ul style="list-style-type: none"> • Build upon dodging skills and incorporate advanced evasive maneuvers. <p>WILF:</p> <ul style="list-style-type: none"> • Execute dodges in different directions to confuse opponents. • Combine quick footwork with body movements for effective dodging. • Develop a sense of spatial awareness to navigate the playing area while dodging. 	<p>WALT:</p> <ul style="list-style-type: none"> • Enhance catching abilities and apply them in dynamic game scenarios. <p>WILF:</p> <ul style="list-style-type: none"> • Consistently catch incoming throws from various angles and speeds. • Practice quick decision-making on whether to catch or dodge. • Understand the concept of using catches to bring eliminated teammates back into the game. 		

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Spring 2B - Badminton	<p>WALT:</p> <ul style="list-style-type: none"> • Understand and demonstrate proper grip and stance for badminton. <p>WILF:</p> <ul style="list-style-type: none"> • Learn and apply the correct grip for forehand and backhand shots. • Demonstrate a balanced and ready stance to move swiftly on the court. • Understand the importance of maintaining a relaxed grip for better control. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop effective serving techniques in badminton. <p>WILF:</p> <ul style="list-style-type: none"> • Learn the different types of serves, such as underhand and overhead serves. • Demonstrate consistency and accuracy in serving the shuttlecock. • Understand the rules and etiquette of serving in a game. 	<p>WALT:</p> <ul style="list-style-type: none"> • Focus on executing clear and lob shots with proper technique. <p>WILF:</p> <ul style="list-style-type: none"> • Understand the purpose of clear and lob shots in different game situations. • Practice generating power and height in clears and lobs. • Develop control over the shuttlecock's trajectory and placement. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn and practice the powerful smash shot. <p>WILF:</p> <ul style="list-style-type: none"> • Understand the mechanics of a successful smash, including timing and grip. • Practice generating power and accuracy in smashes. • Apply the smash in offensive strategies during gameplay. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop touch and finesse with the drop shot. <p>WILF:</p> <ul style="list-style-type: none"> • Understand the purpose of the drop shot and its role in changing the pace of the game. • Practice controlling the shuttlecock's speed and placement in drop shots. • Apply the drop shot strategically to catch opponents off guard. 	<p>WALT:</p> <ul style="list-style-type: none"> • Apply all learned skills and concepts in a game setting. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate proper grip, stance, and footwork during gameplay. • Utilize a variety of shots, including serves, clears, smashes, and drop shots. • Understand game strategy, positioning, and teamwork during matches. 	
Summer 1A - Invasion Games	<p>WALT:</p> <ul style="list-style-type: none"> • Consistently pass the ball to teammates stood different distances away, and dribble the ball in different directions confidently. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate the confidence and competence to pass, dribble and change direction in small sided games. • Demonstrate tactical understanding during the games, passing to the correct teammates & shooting at the correct time. 	<p>WALT:</p> <ul style="list-style-type: none"> • Use a push shot to score goals. <p>WILF:</p> <ul style="list-style-type: none"> • Correct grip on the hockey stick. • A balanced stance whilst static or when dribbling. 	<p>WALT:</p> <ul style="list-style-type: none"> • Pass, score and evade in Rugby game scenarios. <p>WILF:</p> <ul style="list-style-type: none"> • Grip the ball with two hands. • Pass the rugby ball from the pocket, extending the arms towards a target. • Place the ball down on the ground to score a try. 	<p>WALT:</p> <ul style="list-style-type: none"> • Catch the netball confidently, allowing phases of quick passing and shooting. <p>WILF:</p> <ul style="list-style-type: none"> • Internal rotation of the wrists when performing a chest pass. • Use bounce passes to find teammates in space when a chest pass is not available to play. 	<p>WALT:</p> <ul style="list-style-type: none"> • Use the correct shooting technique to score goals. <p>WILF:</p> <ul style="list-style-type: none"> • Striking the ball with dominant foot, following through with the leg towards the intended target. • Use of the inside of the foot to place a shot. • Use of the laces or top of the foot to strike the ball with power. 	<p>WALT:</p> <ul style="list-style-type: none"> • To use a variety of shots in Handball. <p>WILF:</p> <ul style="list-style-type: none"> • Perform a jump shot. • Perform a variety of passes. • Use triple extension through extension of the hips, knees and ankles. 	

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Summer 2B - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> • Understand how to generate power. • Understand what happens to their body when running. <p>WILF:</p> <ul style="list-style-type: none"> • Learn how to push off the back foot when in a standing position to create power for sprints. • Maintain a low body position when generating running power. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand how the body moves when jumping • Be able to complete all jumps with control. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate how the arms can also contribute to a higher or longer jump. • Use core muscles to be able to perform jumping/ hopping without losing body control. 	<p>WALT:</p> <ul style="list-style-type: none"> • To throw in varying ways for both distance and accuracy. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate the ability to follow strict safety rules and understand why they are in place. • Be able to demonstrate the correct grip and placement when throwing a javelin. • Be able to demonstrate the correct grip and placement when throwing a discus. • Discuss triple extension and the concept of applying pressure through the ankle, knees and hips to produce more power which should increase distance. • Throw under and overarm for accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the term 'pacing' and how to apply it to a longer distance run. <p>WILF:</p> <ul style="list-style-type: none"> • Children to find a steady and consistent pace during longer runs. • Children to understand how to regulate their breathing. • Children to build resilience. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.