



September 2025/26 - Year 1

## Long Term Plan

|         | Autumn 1                    | Autumn 2           | Spring 1            | Spring 2            | Summer 1                    | Summer 2            |
|---------|-----------------------------|--------------------|---------------------|---------------------|-----------------------------|---------------------|
| Topic A | Fundamental Movement Skills | Cooperation        | Dance - Weather     | Gymnastics          | Fundamental Movement Skills | Striking & Fielding |
| Topic B | Multi Skills                | Functional Fitness | Multi Sports Term 1 | Multi Sports Term 2 | Target Games                | Athletics           |



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## Medium Term Plan

|                                               | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                         | Lesson 4                                                                                                                                                                                                                                                                                                                                                                             | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Autumn 1A -<br>Fundamental<br>Movement Skills | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic running movements to develop fundamental locomotor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple running activities such as running in a straight line or around cones.</li> <li>• Demonstrate improved coordination and balance during running movements.</li> <li>• Participate in group activities promoting basic spatial awareness and running technique.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic jumping movements to develop fundamental locomotor skills.&amp;nbsp;</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple jumping activities such as two-footed jumps or hopping on one foot.&amp;nbsp;</li> <li>• Demonstrate improved coordination and balance during jumping movements.&amp;nbsp;</li> <li>• Participate in group activities promoting basic spatial awareness and jumping technique.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic coordination movements to develop fundamental motor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple activities, using hand-eye coordination to achieve a challenge.</li> <li>• Participate in group activities promoting basic spatial awareness and coordination.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic balance movements to develop fundamental motor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate improved stability and control during basic balancing activities.</li> <li>• Participate in group activities promoting spatial awareness and body alignment.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic agility movements to develop fundamental locomotor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple agility activities such as changing direction while walking or running.</li> <li>• Demonstrate improved coordination and balance during basic agility movements.</li> <li>• Participate in group activities promoting spatial awareness and basic agility techniques.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic throwing and catching movements to develop fundamental coordination.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple throwing and catching activities using soft and lightweight objects (e.g., beanbags).</li> <li>• Demonstrate improved hand-eye coordination and basic catching technique.</li> <li>• Participate in group activities promoting spatial awareness and cooperation.</li> </ul> |

|                          | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lesson 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Autumn 1B - Multi Skills | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic running and jumping movements to develop fundamental locomotor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple running activities such as running in a straight line or around cones with control.&amp;nbsp;</li> <li>• Demonstrate basic jumping movements like two-footed jumps or hopping on one foot.&amp;nbsp;</li> <li>• Participate in group activities promoting spatial awareness and basic running/jumping techniques.&amp;nbsp;</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic throwing and catching movements to develop fundamental manipulative skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple throwing actions, such as underarm throwing, with control and coordination.</li> <li>• Demonstrate basic catching movements, such as using both hands to receive an object.</li> <li>• Participate in group activities promoting spatial awareness and basic throwing/catching techniques.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To develop running and jumping technique and control through structured practice.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Execute basic running movements with proper form, including swinging the arms and lifting the knees.</li> <li>• Demonstrate improved height and distance in jumping activities.</li> <li>• Participate in running and jumping games or challenges to reinforce technique and control.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To develop throwing and catching technique and control through structured practice.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Execute basic throwing movements with proper form, including stepping and following through.</li> <li>• Demonstrate improved accuracy and distance in throwing activities.</li> <li>• Participate in catching drills focusing on hand-eye coordination and reaction time.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To refine running and jumping technique and introduce basic variations.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Perform directional changes while running (e.g., side steps, turns) with control.</li> <li>• Execute basic variations of jumping movements such as forward jumps or sideways jumps.</li> <li>• Participate in cooperative running and jumping activities requiring coordination and teamwork.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To refine throwing and catching technique and introduce basic variations.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Perform different types of throws (e.g., overarm, sidearm) with control and accuracy.</li> <li>• Execute basic variations of catching movements such as one-handed catches or catching while on the move.</li> <li>• Participate in cooperative throwing and catching activities requiring communication and teamwork.</li> </ul> |
| Autumn 2A - Cooperation  | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Understand the importance of working together as a team.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Can explain why cooperation is important.</li> <li>• Can share ideas about working as a group.</li> <li>• Can listen to others and take turns speaking.</li> </ul>                                                                                                                                                                                                                       | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Practice sharing and taking turns in group activities.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Can share materials and resources with peers.</li> <li>• Can wait for their turn in group tasks.</li> <li>• Can express feelings about sharing and turn-taking positively.</li> </ul>                                                                                                                                                                          | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Follow instructions and contribute to group tasks.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Can listen carefully to group instructions.</li> <li>• Can follow instructions to complete a task.</li> <li>• Can contribute ideas and actions to the group effort.</li> </ul>                                                                                                                                                  | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Work together to achieve a goal.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Children to work towards a solution that is acceptable to everyone in the group.</li> </ul>                                                                                                                                                                                                                                             | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Offer help and support to group members.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Can offer help or encouragement to others in the group.</li> <li>• Can ask for help when needed.</li> <li>• Can acknowledge and appreciate others' contributions.</li> </ul>                                                                                                                                                            | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Reflect on and evaluate our teamwork experiences.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Can describe what worked well in their group tasks.</li> <li>• Can identify areas where the group could improve.</li> <li>• Can suggest ways to work better together in future tasks.</li> </ul>                                                                                                                                                          |

|                                | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lesson 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                     | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Autumn 2B - Functional Fitness | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Introduce basic speed and agility movements to enhance coordination.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in fundamental locomotor movements with control (e.g., running, skipping).</li> <li>• Respond to simple agility cues (e.g., change of direction, hopping on one foot).</li> <li>• Participate in group activities promoting spatial awareness and movement coordination.</li> </ul>                                        | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Introduce basic bodyweight exercises to develop foundational strength.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate improved coordination and control during basic strength exercises.</li> <li>• Participate in group activities promoting muscle engagement and awareness.</li> </ul>                                                                                                                                                                                    | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Introduce basic cardio movements to develop cardiovascular endurance.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in continuous activities like jogging for short durations.</li> <li>• Demonstrate increased heart rate and breathing rate during exercises.</li> <li>• Participate in group activities promoting stamina and endurance.</li> </ul>                                                                    | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To progress and practice basic speed and agility movements to enhance coordination.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in fundamental locomotor movements with control (e.g., running, hopping etc).</li> <li>• Respond to simple agility cues (e.g., change of direction, hopping on one foot).</li> <li>• Participate in group activities promoting spatial awareness and movement coordination.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To progress and practice basic bodyweight exercises to develop foundational strength.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate improved coordination and control during basic strength exercises.</li> <li>• Participate in group activities promoting muscle engagement and awareness.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To progress and practice basic cardio &amp; muscular endurance movements in the format of a circuit.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate increased heart rate and breathing rate during exercises.</li> <li>• A basic understanding, with varied success of the exercises selected for the circuit.</li> </ul>                                                                                         |
| Spring 1A - Dance - Weather    | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce the theme of weather.</li> <li>• To learn what unison is and how it can be used in dance.</li> <li>• To learn what mirroring is and how it can be used in dance.</li> <li>• To be creative and use imagination throughout the lesson.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• I am looking for creative thinking throughout the entire lesson.</li> <li>• I am looking for focus and engagement throughout the lesson.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To continue with the theme of weather.</li> <li>• To understand the key word repetition and include the skill in dance.</li> <li>• To understand the key word canon and include the skill in dance.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• I am looking for full engagement and focus throughout the lesson.</li> <li>• I am looking for you to show me the use of canon in your work.</li> <li>• I am looking for you to show me the use of repetition in your work.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To continue with the theme of weather.</li> <li>• To understand different types of rhythms in music and how we can add them to our dance.</li> <li>• How to work effectively during a rehearsal.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Excellent engagement throughout the entire class for all activities.</li> <li>• A basic understanding of what rhythm is and to show me how to move to a simple rhythm.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To continue with the theme of weather.</li> <li>• To learn what formation means and how to apply it to our routine.</li> <li>• To continue adding onto our weather routine.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• To demonstrate how we can use formation in a dance routine.</li> <li>• To show full engagement and focus throughout the lesson.</li> </ul>                                                            | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To continue the theme of weather.</li> <li>• We are learning to use direction and apply that to our dance.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• To apply different directions within our dance routine.</li> <li>• To show full engagement and focus throughout the lesson.</li> </ul>                     | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To continue with the theme of weather.</li> <li>• To rehearse the dance.</li> <li>• To learn a new skill &amp; improvisation; and how we can add that to our dance.</li> <li>• To perform in a final showing of the dance routine.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• To perform in a final performance of the group routine.</li> <li>• To be fully engaged and focused throughout the entire lesson.</li> </ul> |

|                                 | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Lesson 4                                                                                                                                                                                                                                                                                                                                                                      | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                                      | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| Spring 1B - Multi Sports Term 1 | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introducing passing and dribbling the football.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Use both feet to develop dribbling ability.</li> <li>• Use teamwork to promote the ball to teammates in a better position.</li> </ul>                                                                                                                                                                                           | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce defending and shooting to score goals.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Track and follow the person dribbling the football.</li> <li>• Initiate a tackle using the feet to dispossess the attacker.</li> <li>• Use the side of the foot to shoot for placement.</li> <li>• Use the laces or the top of the foot to shoot for power.</li> </ul>                                           | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce passing and defending in Netball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Have hands up and show a target.</li> <li>• Pass using a chest pass or a bounce pass.</li> <li>• Moving to grab the ball whilst it is travelling in mid-air (intercept).</li> </ul>                                                                                                                                                                                                                   | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce shooting &amp; movement in Netball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate a basic understanding of how to hold &amp; shoot, with varied levels of success.</li> <li>• Movement off the ball, identifying space &amp; moving into it.</li> </ul>                     | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To throw accurately and use balance and coordination to dodge.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Use of underarm or overarm throw.</li> <li>• The ability to shift bodyweight quickly in order to dodge a thrown ball.</li> </ul>                                                                                        | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To use effective teamwork and strategy to win a dodgeball match.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Effective communication with teammates.</li> <li>• Different types of throws to eliminate opponents.</li> <li>• Speed of movement to evade throws.</li> </ul>                                                                                                                                                                                                                                             |
| Spring 2A - 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 children and any objects.</li> <li>• To be able to perform a stretch shape, star 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.</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>• Learn and perform balances on one leg in different positions.</li> <li>• To recap last week's shapes and jumps.</li> <li>• To continue working safely in appropriate spaces.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To travel in different ways using different body parts and levels.</li> <li>• To remember how we can help ourselves to balance using the skills that we learnt last week.</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 like different animals.</li> <li>• To be able to travel in different directions.</li> <li>• To work independently and creatively.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To know 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 tables in different and creative ways.</li> <li>• To build up confidence when using bigger 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 previous sessions into completing different obstacle courses.</li> <li>• To show a safe working practice on all the equipment 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 pieces of equipment in a sequence to complete an obstacle course like station.</li> <li>• To use different ways of travelling, balances, jumps, and shapes to help us complete the stations.</li> </ul> |

|                                         | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                               | Lesson 4                                                                                                                                                                                                                                                                                                                                                                                                                           | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Spring 2B - Multi Sports Term 2         | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce passing and try scoring.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Correct grip on the ball.</li> <li>• Passing the rugby ball from 'the pocket'.</li> <li>• Placing the ball down on the ground to score a try.</li> </ul>                                                                                                                                                                          | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To learn how to grubber and punt kick.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• A basic understanding of the differences between the grubber &amp; chip kick.</li> <li>• A basic understanding of how to pass, catch, and move in an adapted format of rugby.</li> </ul>                                                                                                                                                                    | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce passing and dribbling with a basketball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate correct grip on the basketball, pushing the ball from the chest for chest and bounce passes.</li> <li>• Dribble with two hands to improve control, progressing to one hand as confident increases.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce shooting &amp; maintaining possession in basketball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• A basic understanding of how to shoot towards a target, showing varying levels of success.</li> <li>• A basic understanding of how to maintain possession through dribbling, passing to teammates, and moving round the court.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• Introduce hockey skills, specifically passing, keeping possession &amp; defending.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Children to keep two hands on the hockey stick.</li> <li>• Children to ensure the hockey stick stays on the floor.</li> <li>• Maintain a 'heads up' approach so children can scan around them whilst running.</li> </ul>                                                                     | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To focus on dribbling and shooting skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Keeping the ball close to the stick, using only light taps to keep the ball close.</li> <li>• Using both sides of the stick whilst maintaining good posture.</li> <li>• Pushing through the ball to play a 'push shot'.</li> </ul>                                                                                                         |
| Summer 1A - Fundamental Movement Skills | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic running movements to develop fundamental locomotor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple running activities such as running in a straight line or around cones.</li> <li>• Demonstrate improved coordination and balance during running movements.</li> <li>• Participate in group activities promoting basic spatial awareness and running technique.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic jumping movements to develop fundamental locomotor skills.&amp;nbsp;</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple jumping activities such as two-footed jumps or hopping on one foot.&amp;nbsp;</li> <li>• Demonstrate improved coordination and balance during jumping movements.&amp;nbsp;</li> <li>• Participate in group activities promoting basic spatial awareness and jumping technique.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic coordination movements to develop fundamental motor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple activities, using hand-eye coordination to achieve a challenge.</li> <li>• Participate in group activities promoting basic spatial awareness and coordination.</li> </ul>       | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic balance movements to develop fundamental motor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Demonstrate improved stability and control during basic balancing activities.</li> <li>• Participate in group activities promoting spatial awareness and body alignment.</li> </ul>                                               | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic agility movements to develop fundamental locomotor skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple agility activities such as changing direction while walking or running.</li> <li>• Demonstrate improved coordination and balance during basic agility movements.</li> <li>• Participate in group activities promoting spatial awareness and basic agility techniques.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>• To introduce basic throwing and catching movements to develop fundamental coordination.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>• Engage in simple throwing and catching activities using soft and lightweight objects (e.g., beanbags).</li> <li>• Demonstrate improved hand-eye coordination and basic catching technique.</li> <li>• Participate in group activities promoting spatial awareness and cooperation.</li> </ul> |

|                                 | Lesson 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Lesson 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Lesson 3                                                                                                                                                                                                                                                                                                                                                                                                      | Lesson 4                                                                                                                                                                                                                                                                                                                                                                                            | Lesson 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Lesson 6                                                                                                                                                                                                                                                                                                                                                                                                         |
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| Summer 1B - Target Games        | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop foot control skills to accurately kick or control objects towards a target.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students can demonstrate basic kicking and controlling techniques using their feet.</li> <li>Students understand how to adjust the force and direction of their kicks for accuracy.</li> <li>Students exhibit balance and coordination while using their feet to control objects.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop proficiency in over and underarm throwing techniques for accuracy and distance.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students can differentiate between overarm and underarm throwing techniques.</li> <li>Students demonstrate proper grip and release when throwing objects overarm and underarm.</li> <li>Students understand how to adjust their throwing force and angle for accuracy.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>Practice throwing techniques to achieve greater distance while maintaining accuracy.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students understand the importance of generating force to achieve greater throwing distance.</li> <li>Students demonstrate proper stance and body alignment to optimise throwing distance.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>Progress throwing techniques to achieve greater distance while maintaining accuracy.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students can adjust their throwing technique to achieve different distances.</li> <li>Students show improvement in the distance of their throws through practice and refinement.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop the ability to accurately hit targets using various equipment.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students demonstrate proper grip and swing technique when using different hitting equipment.</li> <li>Students understand how to adjust their swing force and angle for accuracy.</li> <li>Students show improvement in their ability to hit targets consistently with different equipment.</li> <li>Students exhibit control and coordination in their hitting motions.</li> </ul> | <p>WALT:</p> <ul style="list-style-type: none"> <li>Refine throwing techniques to achieve greater distance while maintaining accuracy.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Students exhibit consistency in their throwing distances over multiple attempts.</li> <li>Students engage in activities that challenge them to progressively increase their throwing distances.</li> </ul> |
| Summer 2A - Striking & Fielding | <p>WALT:</p> <ul style="list-style-type: none"> <li>To learn basic striking and fielding techniques.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>teamwork when collecting the balls.</li> <li>using underhand and overhead throws.</li> <li>balance and coordination when kicking the ball.</li> </ul>                                                                                                                                                                           | <p>WALT:</p> <ul style="list-style-type: none"> <li>To develop striking and fielding skills using cricket.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Underarm technique to bowl.</li> <li>Batters to stand facing the bowler with eyes up to concentrate on the ball.</li> <li>Lead with elbow high when hitting the ball.</li> </ul>                                                                                                                                   | <p>WALT:</p> <ul style="list-style-type: none"> <li>To practice basic rounders skills.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>children to hold the rounders bat in one hand.</li> <li>keep eyes up and focussed on the ball.</li> <li>work together to retrieve the ball when fielding.</li> </ul>                                                                                    | <p>WALT:</p> <ul style="list-style-type: none"> <li>To progress striking and fielding skills using Danish Longball.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>teamwork when collecting the balls.</li> <li>using underhand and overhead throws.</li> <li>balance and coordination when kicking the ball.</li> </ul>                                                            | <p>WALT:</p> <ul style="list-style-type: none"> <li>To progress striking and fielding skills with cricket.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>underarm technique to bowl.</li> <li>batters to stand facing the bowler with eyes up to concentrate on the ball.</li> <li>Lead with elbow high when hitting the ball.</li> </ul>                                                                                                                                                                                                                    | <p>WALT:</p> <ul style="list-style-type: none"> <li>To progress striking and fielding skills with rounders.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>children to hold the rounders bat in one hand.</li> <li>keep eyes up and focussed on the ball.</li> <li>work together to retrieve the ball when fielding.</li> </ul>                                                                  |
| Summer 2B - Athletics           | <p>WALT:</p> <ul style="list-style-type: none"> <li>Understand the basic technique of sprinting.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate an initial understanding of the techniques required to run at speed (Drive arms forward &amp; back. Run in a straight line).</li> </ul>                                                                                                                                                                                 | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop coordination and balance required for jumping activities.&amp;#160;</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstration of basic jumping movements (e.g., two-foot jump, bunny hop).</li> </ul>                                                                                                                                                                                                         | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop coordination and strength required for throwing activities.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstration of basic throwing motions (e.g., underhand throw, overhead throw).</li> </ul>                                                                                                                            | <p>WALT:</p> <ul style="list-style-type: none"> <li>Develop basic endurance and stamina.</li> </ul> <p>WILF:</p> <ul style="list-style-type: none"> <li>Demonstrate resilience to keep going over varying distances.</li> </ul>                                                                                                                                                                     | <p>WALT:</p> <ul style="list-style-type: none"> <li>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 learnt in week 1-4, demonstrated through competitive activities.</li> </ul>                                                                                                                                                                                                                                      | <p>WALT:</p> <ul style="list-style-type: none"> <li>To 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>Application of skills learned over the last 5 lessons, put into competitive events.</li> </ul>                                                                       |