



September 2025/26 - Year 2

Long Term Plan

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



September 2025/26 - Year 2

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1A - Fundamental Movement Skills	WALT: • Learn how to pace yourself when running long distances. • Be able to change stride length. WILF: • Understand the importance of running slower when running for a long period of time. • Perform short strides when approaching equipment or when needing to change direction.	WALT: • Be able to change jumping technique. • Remain in control of their body when jumping. WILF: • Be able to jump over hurdles and perform two footed jumping correctly. • Be able to continuously jump by using the balls of their feet and engaging core.	WALT: • Understand what cardio is. • Understand how to move quickly through ladders. WILF: • Be able to describe how to work on and improve your cardio. • Be able to run on the balls of their feet to allow them to change direction and accurately place feet.	WALT: • Balance on one foot and explore different ways to maintain balance during physical activities. WILF: • I'm looking for you to try your best to stand on one foot. • I'm looking for you to explore different ways to balance, like lifting your arms or bending your knee. • I'm looking for you to enjoy moving and having fun while learning to balance.	WALT: • To be able to vary their speeds in different situations. • Develop the speed of their feet. WILF: • To travel around in different ways while avoiding others. • Be able to accurately run through the ladders at a high speed.	WALT: • Throw & catch over different distances. WILF: • Attempt to throw different shape, size & weight balls over different distances. • Explore different ways of throwing. • Attempt to catch with two hands.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1B - Multi Sports Term 1	WALT: Improve ball control while dribbling. Learn to pass the ball with accuracy. WILF: Keeping possession of the ball while dribbling.	WALT: • Learn how to successfully defend the other team. • Be able to shoot the ball from a stationary position. WILF: • Be able to mark a player on the other team and also watch the ball being played. • Be able to accurately and successfully kick the ball from a stationary position into a goal.	WALT: • Learn to pass in different ways. • Keep possession of the ball. WILF: • Demonstrate an understanding of the bounce and chest pass, with some form of demonstration. • Discover ways of keeping possession from the opposition.	WALT: • Be able to shoot at a goal. • Understand why pivoting is important. WILF: • Accurately be able to shoot the ball into a target from different distances. • Be able to leave one foot on the floor and rotate around to see if there are any teammates in a space behind.	WALT: • The basics of throwing a dodgeball overarm. • The basics of evading a dodgeball. WILF: • A basic understanding of how to throw a dodgeball overarm at a moving target, with some success. • A basic understanding of evasion a dodgeball, attempting to move side to side, duck, or jump over the ball once it's thrown.	WALT: • Continue to cover throwing a dodgeball overarm. • Continue to cover evading a dodgeball. WILF: • An improved understanding of how to throw a dodgeball overarm at a moving target, with some success. • A improved understanding of evading a dodgeball, attempting to move side to side, duck, or jump over the ball once it's thrown.	
Autumn 2A - Cooperation	WALT: • Define cooperation and its importance in PE. • Recognize the benefits of working together as a team. • Identify situations where cooperation is required during physical activities. WILF: • students to define what cooperation means and explain why it's important in PE. • students to recognise examples of cooperation during physical activities.	WALT: • Listen actively to instructions during group activities. • Take turns when participating in team-based exercises. • Share personal experiences of working together and taking turns. WILF: • students to actively listen and follow instructions during group activities. • students to take turns and share responsibilities when participating in team-based exercises.	WALT: • Understand how effective communication contributes to cooperation. • Participate in activities that require clear communication within a team. • Demonstrate the ability to work together to achieve a common goal. WILF: • students to demonstrate effective communication within their team during activities. • students to work together as a team to accomplish a common goal.	WALT: • Recognize the importance of supporting teammates. • Encourage and uplift teammates during physical challenges. • Share positive feedback with peers about their efforts. WILF: • students to show support and encouragement for their teammates during challenges. • students to provide positive feedback to their peers about their efforts.	WALT: • Understand that every team member's ideas and efforts are valuable. • Respect and appreciate the diverse contributions of teammates. • Participate in activities that showcase the strengths of each team member. WILF: • students to value and respect the ideas and contributions of all team members. • students to participate in activities that showcase the strengths of each team member.	WALT: • Experience cooperation in team sports like football, basketball etc. • Understand the significance of passing and sharing responsibilities. • Demonstrate effective teamwork through passing, strategising, and working towards a common goal. WILF: • students to experience cooperation in team sports, using their teamwork & communication techniques learnt throughout. • students to demonstrate effective teamwork through passing, strategising, and working together towards a shared goal.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 2B - Gymnastics	WALT: • To introduce what gymnastics is and how we are going to progress in the coming weeks. • To be able to find a safe and sensible space. • To learn and remember 4 key gymnastic positions. WILF: • To be able to stand in a space, away from other children and any other equipment in the space. • To be able to perform a stretch shape, star shape, tuck shape and straddle shape.	WALT: • Learn and perform balances on each leg in different positions. • To recap last week's shapes and jumps. • To continue working safely in appropriate spaces. WILF: • For you to demonstrate balances on different legs in different positions. • To show a good recollection of last week's shapes and jumps. • To continue working safely in appropriate spaces.	WALT: • To travel in different ways using different body parts and levels. • To remember how we can help ourselves balance using the skills that we learnt last week. • To use our imagination so that we are able to travel in more creative ways. WILF: • To be able to use different body parts creatively to move like different animals and characters. • To be able to travel in different directions independently. • To work independently and creatively.	WALT: • To know how to travel safely and confidently along a beam. • To be able to dismount a beam using jumps. WILF: • To show controlled traveling across a bench with a safe jump at the end. • To travel creatively across the bench without falling off.	WALT: • To safely perform different vault skills. • To demonstrate safe dismounts from the vault. • To demonstrate a range of jumps safely whilst on the vaults. WILF: • To show creative travelling on and off the vaults. • To be able to climb onto, and jumps off the vaults in different and creative ways. • To build up confidence when using bigger pieces of equipment.	WALT: To apply all the new skills we have learnt over the previous sessions into completing different obstacle courses. To show a safe working practice on all the equipment and around others in the class. WILF: Using a variety of different skills on different pieces of equipment in a sequence to complete an obstacle course like station. To use different ways of travelling, balances, jumps, and shapes to help us complete the stations.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Spring 1A - Dance- The Olympics	WALT: • We are learning to dance in unison. • We are learning to dance using repetition. • To introduce the theme of Olympics and how we will explore it in the coming weeks. • To introduce different sports that appear in the Olympics. WILF: • I am looking for you to perform using unison and repetition. • To show excellent focus and concentration throughout the lesson. • To work well within a team.	WALT: • We are learning to use canon and have a deeper understanding of the skill. • We are learning to dance at different speeds and how that can change the way the dance is performed. WILF: • I am looking for you to perform in canon. • I am looking for excellent teamwork throughout the whole lesson.	WALT: • We are learning to jump different ways in our dance and how it can be an effective way to move. • We are learning to travel and how this skill can be used within dance. WILF: • I am looking for you to perform using different jumps and travelling. • I am looking for the class to work together when rehearsing the dance routine.	WALT: • We are learning to create freeze frames and how that can be added to our dance. • We are learning to work with timings and different types of rhythm. • We are continuing with the theme of the Olympics. WILF: • To create freeze frames to add onto our routine. • To concentrate on the timing of our routine and how to keep in time to the music. • To show full focus and engagement throughout the lesson.	WALT: • We are learning to dance in formations and how different formations can improve a dance routine. • We are learning to use direction and apply that to our dance. WILF: • I am looking for you to understand how formations work. • I am looking for you to use directions in performance.	WALT: • To continue with the theme of Olympics; • To create ending positions for the dance routine. • To learn how to evaluate our own work and the work of our peers. WILF: • To rehearse and perform the whole routine. • To create imaginative and related ending positions; • To stay focused and engage throughout the whole lesson.	
Spring 1B - Multi Skills	WALT: • Be able to show that they have body control when performing different movements. • Understand how to increase speed over a short distance. WILF: • Perform both jumping and hopping for a set distance without losing balance/ control. • Be able to perform short strides to create power.	WALT: • Understand how to avoid attackers in a game situation. • Be able to recognise what type of throws to use in different situations. WILF: • Perform both side steps and change of direction to evade attackers. • Accurately perform an underarm throw to hit a target.	WALT: • Be able to perform both jumping and hopping without losing body control. • Demonstrate changing directions at different speeds. WILF: • Perform jumping and hopping over set distances. • Be able to perform short strides at the correct time to benefit them by changing direction without just slowing them down.	WALT: • Understand how different throwing techniques can create different amounts of power. • Begin to understand what body parts are used when throwing. WILF: • Be able to accurately throw different objects at targets different distances away. • Be able to create power from both their arms and legs to be able to throw further.	WALT: • Understand the importance of finding a space. • Learn how to quickly move over objects without having to reduce speed. WILF: • When trying to avoid attackers show an understanding of how to find a space. • Perform running over the ladders on the balls of their feet.	WALT: • Be able to throw a ball at targets different distances away. WILF: • Accurately throw a ball at 2 different targets at different distances, multiple times.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Spring 2A - Target Games	WALT: • Develop an improved control using the feet, dribbling through & kicking towards different targets. WILF: • Attempt to kick the ball with different parts of the feet, swinging the leg different lengths back, to change the distance the ball travels depending on where the target is.	WALT: • Develop an improved throwing technique, practicing over & under arm to targets at different distances. WILF: • Attempt to throw the ball low & high to targets at different distances, using an underarm throw for shorter targets, and overarm for targets further away.	WALT: • Continue the development of throwing different shaped objects, different distances, both overarm & underarm. WILF: • Throw the objects in different ways depending on the task & the distance it needs to travel, for example, a short throw to a partner won't need the same speed and power as a dodgeball style throw.	WALT: • Improve the throwing technique, from a stationary position, to a stationary target, with a focus on accuracy over distance. WILF: • Increase confidence to throw towards stationary objects, different distances away.	WALT: • Hit a ball to different targets, over different distances, focusing on using a hockey stick. WILF: • Improve the quality of the hit, using the side of the stick & begin to understand the quicker the stick is swung, the further the ball travels.	WALT: • Continue to develop throwing techniques, with more focus on moving targets instead of stationary. WILF: • Increase confidence & understanding of when & how is best to throw when a target is moving in different directions.	
Spring 2B - Functional Fitness	WALT: • Be able to travel at different speeds, in different directions. • Learn how to run when changing directions. WILF: • Learn when to slow down running and when to speed up to gain an advantage in a game. • Be able to run on the balls of their feet to allow for a quick fluid change of direction.		WALT: • Develop an understanding of pacing. • Improve cardiovascular endurance through long distance running. WILF: • Demonstrate a consistent running speed for a short amount of time. • An initial understanding of the body's reaction to endurance activities.	WALT: • Develop an understanding of what reaction speed is. • Apply agility techniques into games to improve success. WILF: • Demonstrate reaction time and understand the importance in competition. • Demonstrate different agility techniques in game scenarios.	WALT: • Understand how we build strength. • Learn how to create power when jumping. WILF: • Be able to describe what strength is and how to improve it. • Begin to coordinate swinging your arms and jumping to help create momentum and power.	WALT: • Push the muscular endurance of our bodies through high intensity activities. • Understand the benefits of high intensity activities. WILF: • An understanding of which muscle groups are working during different exercises. • Be able to explain the benefits of high intensity exercise on our health.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Summer 1A - Fundamental Movement Skills	WALT: • Learn how to pace yourself when running long distances. • Be able to change stride length. WILF: • Understand the importance of running slower when running for a long period of time. • Perform short strides when approaching equipment or when needing to change direction.	WALT: • Be able to change jumping technique. • Remain in control of their body when jumping. WILF: • Be able to jump over hurdles and perform two footed jumping correctly. • Be able to continuously jump by using the balls of their feet and engaging core.	WALT: • Understand what cardio is. • Understand how to move quickly through ladders. WILF: • Be able to describe how to work on and improve your cardio. • Be able to run on the balls of their feet to allow them to change direction and accurately place feet.	WALT: • Balance on one foot and explore different ways to maintain balance during physical activities. WILF: • I'm looking for you to try your best to stand on one foot. • I'm looking for you to explore different ways to balance, like lifting your arms or bending your knee. • I'm looking for you to enjoy moving and having fun while learning to balance.	WALT: • To be able to vary their speeds in different situations. • Develop the speed of their feet. WILF: • To travel around in different ways while avoiding others. • Be able to accurately run through the ladders at a high speed.	WALT: • Throw & catch over different distances. WILF: • Attempt to throw different shape, size & weight balls over different distances. • Explore different ways of throwing. • Attempt to catch with two hands.	
Summer 1B - Striking & Fielding	WALT: • Develop an initial understanding of the rules for Danish Longball. • Practice the evasion techniques needed to avoid the ball and get back to the base to win points. WILF: • Understand the most basic of rules, for example, kick the ball and run, avoiding the fielder who has the ball. • Use side steps & changes of speed to avoid the ball and get back to base.	WALT: • Develop an initial understanding of the rules for Cricket. • Practice bowling overarm, using the rocking star technique. WILF: • Understand the most basic of rules, for example, bowl at the stumps, hit the ball into a space, and run to score runs. • Use the rocking star, keeping the ball arm high and brush the arm against the ear.	WALT: • Develop an initial understanding of the rules for Rounders. • Practice running between the bases before the fielders move the ball to bases. WILF: • Understand the most basics of rules, for example, try to stump the ball on a base before the batter gets there, run as quick as possible between the bases to try get home and win rounders points. • Run quickly between the bases, but don't run if the ball is hit close to the next base and there's no need to run.	WALT: • Progress the understanding of the rules, and try to use that understanding to improve success in the game. • Practice the kicking technique of the ball, aiming to put the ball in space & increase the running time before a fielder retrieves the ball. WILF: • Attempt to kick the ball high, low, far and short depending on where the space is.	WALT: • Progress knowledge of the rules for cricket to increase chance of success. • Practice batting, focusing on hitting accurately over distance. WILF: • Attempt to hit the ball with the flat side of the bat, in a forward direction, not worrying about speed or distance.	WALT: • Expand on the rounders knowledge previously learnt. • Practice fielding, throwing the ball from base to base to try stump the batting team out. WILF: • Use the rules to improve chance of winning, for example, look to hit the ball in the opposite direction to 1st & 2nd base. • As a fielder, throw the ball directly to a teammate stood on a base to reduce the ball in air time, increasing the chance of stumping it before the batter can get there.	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Summer 2A - Athletics	WALT: • Demonstrate they can run at different speeds. • Understand when to accelerate speed in a game setting. WILF: • Slow down when approaching different objects. • Increase speed when needing to avoid an attacker.	WALT: • Jump in different ways, over different distances, while maintaining balance. • Maximise our jumping distance through the use of different body parts. WILF: • An understanding of the difference between jumping & hopping. • Attempt to coordinate a bend & extend at the knee to jump, with a swing of the arms, and balance to control the landing.	WALT: • Develop technique of throwing in different athletics events. • To throw with increasing accuracy and coordination at targets set at different distances. WILF: • children being able to throw different objects using different techniques. • Aim towards hoops and successfully throw objects to land inside of them.	WALT: • Begin to understand the importance of pacing themselves during long distance running. • Discuss personal bests and the importance of improving their individual performance. WILF: • Run for a longer period of time without slowing down or stopping. • Determination to beat their previous time or performance.	WALT: WALT• Be able to show the speed difference when doing a short sprint and a long distance run. • Successfully throw a bean bag into hoops at different distances. WILF: WILF• Perform different speeds of running in different game settings. • Be able to change their throwing action to improve accuracy with different objects at different distances.	WALT: • To use different techniques, speeds and efforts to meet challenges set for running, jumping and throwing. WILF: • Show an improvement on all techniques learnt in previous weeks and apply them into game settings.	
Summer 2B - Multi Sports Term 2	WALT: • Begin to understand how to pass a ball to targets different distances away. • Begin to understand what must be done to score a try. WILF: • Show a basic understanding of catching & passing, with varying success. • Show a basic understanding of how to score, attempt to do so with varying success.	WALT: • Begin to understand how to kick a ball to different targets with varying success. • Begin to understand the required body positions to make a tackle, without progressing to attempting the tackle. WILF: • Show a basic understanding of kicking to stationary targets, with varying success. • Show a basic understanding of how to tackle, offering suggestions of what the different body parts will do to complete a tackle, without progressing to any contact.	WALT: • Be able to perform various passes. • Learn dribbling rules. WILF: • Understand when to use different types of passes to keep possession of the ball. • Understand what a double dribble is.	WALT: • Be able to accurately shoot at an adapted net. • Be able to perform all three passes. WILF: • Learn how to throw the ball higher so the ball drops into the net. • Understand when to use the different passes to increase the chances of keeping possession of the ball.	WALT: • Be able to follow basic safety rules. • Learn how to pass correctly. WILF: • Understand why basic rules set by the teacher such as not waving the hockey stick around is important. • Be able to consistently pass to teammates without losing control or possession.	WALT: • Be able to dribble while keeping control of the ball. • Be able to shoot at the net. WILF: • Learn how to keep the ball close to the stick while dribbling so it's less likely to be tackled away. • Be able to accurately shoot at a larger adapted net.	