



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
Autumn 1A - Fundamental Movement Skills	WALT: • Introduce the principles of good running techniques. • Be able to begin a sprint race using the semi-crouched start. WILF: • Practice running skills in a variety of games and activities. • Understand how techniques can be used to gain advantage over competitors.	WALT: • Practise various two feet jumping and landing skills. • Understand the importance of a warm up. WILF: • 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.	WALT: • Continue developing the coordination of arms, eyes & leg. WILF: • 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.	WALT: • Demonstrate their abilities at balancing their bodies. • Explain some scientific terms related to balance. WILF: • Be able to balance in different shapes and positions without falling/wobbling. • Understanding and engaging their core can help with balancing.	WALT: • Learn how to quickly move around the area and change direction. • Be able to use the whole body when moving quickly. WILF: • 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.	WALT: • Learn how to keep possession of the ball in a game setting. • Understand why communication is important. WILF: • Be able to find a space and pass into it. • Use verbal communication to talk to teammates to help successfully make a pass.
Autumn 1B - OAA	WALT: • Understand the concept of a map or plan. • Be able to successfully locate markers. WILF: • 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.	WALT: • Identify problems of different scales and what is needed to solve them. WILF: • Be able to communicate as a team and work out what resources are needed to solve the problem.	WALT: • Learn when to support and lead others. WILF: • Learn to work in teams to decide what approach to use to meet challenges.	WALT: • Gain more knowledge on how to read maps. • To think quickly in order to create different actions. WILF: • To orientate themselves and move with increasing knowledge, confidence and accuracy.	WALT: • Cooperative learning and working together in a team. WILF: • Learn to trust each other and develop both verbal and non verbal communication between peers.	WALT: • Understand the importance of leadership. WILF: • Be able to take a leadership role to effectively help your peers in a constructive way.

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Autumn 2A - Gymnastics	WALT: • To learn and remember the nine gymnastic positions.&nbsp; • To perform a selection of these shapes as jumps. WILF: • 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.&nbsp; • To be able to correctly perform some of the above positions as jumps.	WALT: • Develop our balance. • Learn nine different gymnastics balances. • Create a variety of partner balances. WILF: • To show a excellent understanding of how we perform and develop balances. • To show accuracy and development in nine different gymnastics balances. • To demonstrate&nbsp;excellent&nbsp;teamwork by creating a variety of partner balances based on the nine gymnastic positions&nbsp;that&nbsp;we will be learning.&nbsp;	WALT: • To travel in different ways on the floor and on level, or&nbsp;sloped balance beam. • To dismount the balance beam by using a variety of&nbsp;jumps. WILF: • To show safe and creative ways of moving from one&nbsp;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&nbsp;technique and showing a good landing shape.	WALT: • To learn and take part in drills which will help us&nbsp;get closer to doing a range of different floor skills. • To create and perform routines. • To watch other routines to develop peer assessment&nbsp;skills. WILF: • To take part in progressions, working towards&nbsp;different skills.&nbsp; • To work together to create a routine that&nbsp;includes all your team members. • To confidently perform your routine to the rest&nbsp;of the class.	WALT: • To perform a sequence of movements using a variety of&nbsp;different equipment. • To &nbsp;use strength and coordination to safely climb up and&nbsp;down the climbing frame. WILF: • To perform a sequence of movements using a variety of&nbsp;different equipment. • To &nbsp;use strength and coordination to safely climb up and&nbsp;down the climbing frame.	
Autumn 2B - Multi Sports Term 1	WALT: Pass the ball to a stationary & dynamic target. Dribble with both feet in different directions. 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.	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. 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.	WALT: Learn the different techniques involved in passing a ball. Learn which pass is best in certain situations. 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.	WALT: Develop a consistent & effective shooting technique. Understand why pivoting is important. 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.	WALT: Learn how to dodge & throw a ball effectively. Understand the rules of dodgeball. 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.	WALT: Learn which balls are the easiest to catch. Develop a reliable, accurate throw of the ball.&nbsp; 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.

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Spring 1A - Dance- Musical Theatre	WALT: • 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. WILF: • To engage in and learn the choreography for The Greatest Showman. • To demonstrate an understanding of two terminology words	WALT: • To recap the theme of 'Theatre'. • To learn the choreography of section 2 - 'Matilda'. • To be able to add characterisation within the dance. WILF: • 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.	WALT: • 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. WILF: • 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.	WALT: • Recap the theme of theatre. • To learn choreography for section 4 - Lion King. • To learn how different levels can improve our dance. WILF: • Engagement and focus throughout the entire lesson. • Good recollection of the previous weeks choreography.	WALT: • 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. WILF: • 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.	
Spring 1B - Hockey	WALT: • Learn how to dribble successfully. • Begin to learn rules about the game WILF: • 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.	WALT: • 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. WILF: • Be able to accurately perform the push pass to a partner. • Perform accurate passing techniques under pressure of a game.	WALT: • To develop both offensive and defensive skills. • Begin to understand how to intercept the ball in a game. WILF: • 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.	WALT: • To develop their understanding and knowledge of how to shoot correctly and safely WILF: • To perform and accurately replicate the correct techniques to shoot a ball.	WALT: • Continue to improve passing, possession, shooting and defending techniques through activities & small sided games. WILF: • 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.	WALT: • Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.

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Spring 2A - Dodgeball	WALT: • Develop accurate and powerful throwing techniques in dodgeball. WILF: • 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.	WALT: • Learn and practice dodging techniques to avoid getting hit. WILF: • 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.	WALT: • Focus on developing catching skills to eliminate opponents and protect the team. WILF: • 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.	WALT: Refine throwing techniques and apply them in game situations WILF: • 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.	WALT: • Build upon dodging skills and incorporate advanced evasive maneuvers. WILF: • 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.	WALT: • Enhance catching abilities and apply them in dynamic game scenarios. WILF: • 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.
Spring 2B - Badminton	WALT: • Understand and demonstrate proper grip and stance for badminton. WILF: • 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.	WALT: • Develop effective serving techniques in badminton. WILF: • 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.	WALT: • Focus on executing clear and lob shots with proper technique. WILF: • 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.	WALT: • Learn and practice the powerful smash shot. WILF: • 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.	WALT: • Develop touch and finesse with the drop shot. WILF: • 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.	WALT: • Apply all learned skills and concepts in a game setting. WILF: • 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.

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Summer 1A - Invasion Games	WALT: - Consistently pass the ball to teammates stood different distances away, and dribble the ball in different directions confidently. WILF: - 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.	WALT: - Use a push shot to score goals. WILF: - Correct grip on the hockey stick. - A balanced stance whilst static or when dribbling.	WALT: - Pass, score and evade in Rugby game scenarios. WILF: - 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.	WALT: Catch the netball confidently, allowing phases of quick passing and shooting. WILF: - 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.	WALT: - Use the correct shooting technique to score goals. WILF: - 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.	WALT: - To use a variety of shots in Handball. WILF: - Perform a jump shot. - Perform a variety of passes. - Use triple extension through extension of the hips, knees and ankles.
Summer 1B - Cricket	WALT: Begin to learn how to bowl the ball correctly. WILF: Demonstrate how to hit the ball correctly using the correct grip. Gain an understanding of where to bowl the ball.	WALT: Be able to hit the ball consistently. Understand how to stand correctly when hitting the ball. WILF: Understand where to hit the ball to score the most runs. Stand with the weaker foot closest to the bowler to allow for a clean swing.	WALT: Catch the ball consistently when fielding using a variety of techniques. WILF: Be able to put rules into a gaming situation. Understand what catching technique to use depending on how the ball is approaching.	WALT: Bowl accurately and consistently. Be able to use the correct technique. WILF: Use the correct overarm throwing technique to bowl. Be able to bowl with a small run up for power.	WALT: Learn tactics that can be used in a game. Be able to hit the ball accurately. WILF: Understand why hitting the ball close to the floor is important. Be able to successfully hit the ball into an open space minimising the chances of it being caught.	WALT: Be able to work together as a team successfully. WILF: Show good communication skills as a fielding team, such as moving forwards or backwards depending on where the ball could get hit.

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Summer 2A - Tennis	WALT: Be able to control the ball while moving around. Begin to bounce the ball to another person. WILF: Begin to move around the area while bouncing the ball on your racket.&nbsp; Be able to bounce the ball using your racket to someone else with control.	WALT: Be able to hit the ball over a net. Be able to keep a rally going. WILF: Successfully hit the ball over a net using the forehand pass. Be able to hit the ball back and forth several times between a partner.	WALT: Learn how to correctly perform the backhand serve. WILF: Be able to make correct decisions on when to use a backhand or forehand hit. Learn to slightly turn the body when hitting a backhand shot.	WALT: • Be able to control where we hit the ball. • Learn how to correctly serve the ball. WILF: • Begin to hit the ball in different directions when playing a game of tennis. • Be able to bounce the ball and serve it diagonally.	WALT: • Be able to keep a rally going in a game. WILF: • Be able to hit the ball without losing control between yourselves and a partner.	WALT: • Recap previously learnt skills, such as forehand, backhand and volley. WILF: • Show an improvement on all skills learnt and be able to perform them all successfully
Summer 2B - Athletics	WALT: • Understand how to generate power. • Understand what happens to their body when running. WILF: • 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.	WALT: • Understand how the body moves when jumping • Be able to complete all jumps with control. WILF: • 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.	WALT: • Be able to follow safety instructions when performing the javelin. • Learn the correct throwing technique. WILF: • 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.	WALT: • Understand your own maximum speed when travelling over a longer distance. WILF: • A slower but consistent speed to reduce the chance of walking during the activity.	WALT: • Continue to improve sprinting, jumping, throwing & long distance running techniques through different activities. WILF: An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	WALT: • Continue to improve sprinting, jumping, throwing & long distance running techniques through different activities. WILF: An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.