



September 2025/26 - EYFS

Long Term Plan

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------|-----------------------------|--------------|-----------------|------------|-------------|---|
| Topic | Fundamental Movement Skills | Target Games | Dance - Animals | Gymnastics | Ball Skills | Multiskills - Running, Jumping, Sending & Receiving |



September 2025/26 - EYFS

Medium Term Plan

| | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
|--|---|---|--|--|--|--|----------|
| Autumn 1 - Fundamental Movement Skills | <p>WALT:</p> <ul style="list-style-type: none"> • Travel at different speeds. • Understand how to be spatially aware. <p>WILF:</p> <ul style="list-style-type: none"> • Basic understanding of how to change speed & direction. • Attempt to avoid others while moving around. | <p>WALT:</p> <ul style="list-style-type: none"> • Jump from one leg or two, demonstrating basic control. <p>WILF:</p> <ul style="list-style-type: none"> • Basic understanding of how to push up into a jump. • Experiment with jumping from one and two feet. | <p>WALT:</p> <ul style="list-style-type: none"> • Introduce the coordination of different body parts to movement. <p>WILF:</p> <ul style="list-style-type: none"> • Basic understanding of how to complete a task using hand/eye or foot/eye coordination. | <p>WALT:</p> <ul style="list-style-type: none"> • Balance for short durations, expecting the children to require two points of contact. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate a basic understanding of how to balance while moving. • Balance with two points of contact, with varied levels of success. | <p>WALT:</p> <ul style="list-style-type: none"> • Run at different speeds while changing direction. <p>WILF:</p> <ul style="list-style-type: none"> • Attempt to change direction while maintaining a basic running speed. • Use agility to avoid people or objects. | <p>WALT:</p> <ul style="list-style-type: none"> • Throw different pieces of equipment towards targets, with varying levels of success. <p>WILF:</p> <ul style="list-style-type: none"> • Attempt to aim & throw the equipment towards large targets. • Basic understanding of when to release the equipment to ensure it travels in the air. | |
| Autumn 2 - Target Games | <p>WALT:</p> <ul style="list-style-type: none"> • Develop a basic understanding of throwing objects towards targets. <p>WILF:</p> <ul style="list-style-type: none"> • Attempt to throw different shape & size equipment towards large targets, with varying levels of success. • Attempt under & overarm throws, demonstrating a basic understanding of the technique required. | <p>WALT:</p> <ul style="list-style-type: none"> • Develop a basic understanding of kicking objects towards targets. <p>WILF:</p> <ul style="list-style-type: none"> • Attempt to kick different size balls towards large targets, with varying levels of success. • Attempt to kick the ball with the inside, and front of the foot, with varying levels of success. | <p>WALT:</p> <ul style="list-style-type: none"> • To increase the distance from which the target is approached. <p>WILF:</p> <ul style="list-style-type: none"> • Show improved strength and coordination when throwing or hitting. • Successfully reach targets that are placed further away. • Adjust aim and force to account for increased distance. | <p>WALT:</p> <ul style="list-style-type: none"> • Apply the basic understanding of throwing objects from week 1. <p>WILF:</p> <ul style="list-style-type: none"> • Make attempts to accurately throw equipment of different shapes and sizes towards large targets, showing improved consistency and control. • Demonstrate both underarm and overarm throws with developing technique, illustrating a clearer understanding of the required skills and exhibiting better coordination and aim. | <p>WALT:</p> <ul style="list-style-type: none"> • To aim at targets placed at varying heights. <p>WILF:</p> <ul style="list-style-type: none"> • Successfully hit or throw towards targets that are both high and low. • Demonstrate adaptability in aiming based on the height of the target. • Understand and apply techniques for adjusting aim when targeting different heights. | <p>WALT:</p> <ul style="list-style-type: none"> • Apply the basic understanding of moving towards targets from week 3. <p>WILF:</p> <ul style="list-style-type: none"> • Show proficiency in aiming and hitting or throwing towards targets under different conditions (e.g., obstacles, varied distances). • Strategize and adapt aiming techniques to overcome challenges. • Demonstrate confidence and accuracy in hitting or throwing towards targets. | |

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| Spring 1 - Dance - Animals | <p>WALT:</p> <ul style="list-style-type: none"> To introduce the theme of animals To learn what unison is To understand different levels within movement <p>WILF:</p> <ul style="list-style-type: none"> I am looking for you to be able to dance and improvise like jungle animals I am looking for focus and engagement within the lesson I am looking for pupils to demonstrate using levels within their movement | <p>WALT:</p> <ul style="list-style-type: none"> To learn and understand the meaning of a cannon. To learn and understand what mirroring is. <p>WILF:</p> <ul style="list-style-type: none"> To demonstrate working in pairs of small groups using mirroring within their movement. To work as a group and show how cannon can be used within an improvisation task. | <p>WALT:</p> <ul style="list-style-type: none"> To understand and perform different travelling techniques across the space. To follow and rehearse the movements in a dance sequence. <p>WILF:</p> <ul style="list-style-type: none"> To be able to recognise and think of different travelling movements. To be able to focus and retain movements that are taught in a dance sequence. | <p>WALT:</p> <ul style="list-style-type: none"> To be able to understand what formation means. To be able to work in small groups to create animal shapes. <p>WILF:</p> <ul style="list-style-type: none"> To be able to perform in different formations that are created for the group. To be able to perform the creative animal shapes to the rest of the group and give feedback on the work of others.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> To understand what the work dynamics mean and how it applies to dance. To be able to retain and copy dance movements. <p>WILF:</p> <ul style="list-style-type: none"> To apply different dynamics to dance movements and demonstrate the different between simple dynamics. To be able to perform with confidence with short sequence that has been taught in time with the music.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> To understand what body isolations are. To be able to rehearse and perform in a group to a small audience. <p>WILF:</p> <ul style="list-style-type: none"> To demonstrate body isolations by moving just one body part at a time. To show excellent team work and focus both in rehearsals and during the small performance. To be able to retain the movements taught and recall then later in the class. | |
| Spring 2 - Gymnastics | <p>WALT:</p> <ul style="list-style-type: none"> To introduce what gymnastics is and how we are going to progress in the coming weeks. Be able to find, and stay in a space. Learn and remember 3 key body shapes. <p>WILF:</p> <ul style="list-style-type: none"> To be able to stand in a space, away from other&nbsp;children and any objects. To be able to perform a stretch shape, star&nbsp;shape, and tuck shape statically and as jumps. | <p>WALT:</p> <ul style="list-style-type: none"> Learn and perform balances on one leg in different positions.&nbsp; To recap last week's shapes and jumps To continue working safely in appropriate spaces <p>WILF:</p> <ul style="list-style-type: none"> To be able to hold a balance for 10 seconds&nbsp;without falling. To learn who the body can help you balance. To demonstrate the shapes and jumps from last week.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> To travel in different ways using different body parts&nbsp;and levels. To remember how we can help ourselves to balance using the skills that we learnt last week.&nbsp; To use our imagination so that we can travel in more creative ways. <p>WILF:</p> <ul style="list-style-type: none"> To be able to use different body parts to move&nbsp;like different animals. To be able to travel in different directions To work&nbsp;independently and creatively. | <p>WALT:</p> <ul style="list-style-type: none"> To&nbsp;know&nbsp;how to travel safely along a Beam. To be able to dismount a beam safely. <p>WILF:</p> <ul style="list-style-type: none"> Controlled travelling across a bench with a safe jump at the end. To travel in different ways safely, without falling off the bench. | <p>WALT:</p> <ul style="list-style-type: none"> Safely perform different vault skills. <p>WILF:</p> <ul style="list-style-type: none"> To show creative Travelling on and off the vault tables. To be able to climb onto, and jump off the vault&nbsp;tables in different and creative ways. To build up confidence when using&nbsp;pieces of equipment. | <p>WALT:</p> <ul style="list-style-type: none"> To apply all the new skills we have learnt over the&nbsp;previous sessions into completing different obstacle&nbsp;courses. To show a safe working practice on all the&nbsp;equipment&nbsp;and around others in the class. <p>WILF:</p> <ul style="list-style-type: none"> Using a variety of different skills on different&nbsp;pieces of equipment in a sequence to complete&nbsp;an obstacle course like station. To use different ways of travelling, balances,&nbsp;jumps, and shapes to help us complete the&nbsp;stations. | |

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| Summer 1 - Ball Skills | <p>WALT:</p> <ul style="list-style-type: none"> To learn the basics of handling and passing a rugby ball. <p>WILF:</p> <ul style="list-style-type: none"> Hold the rugby ball with both hands. Pass the ball to a partner using two hands. Move around while holding the ball without dropping it. Understand the concept of teamwork by passing to a teammate. | <p>WALT:</p> <ul style="list-style-type: none"> To develop basic football skills such as dribbling and controlling the ball. <p>WILF:</p> <ul style="list-style-type: none"> Move around, keeping the football close to the foot, with varying levels of control. Make contact with the ball in a kicking motion, such as a pass or shot, with varying levels of success. | <p>WALT:</p> <ul style="list-style-type: none"> To learn the basics of holding, throwing & rolling a basketball. <p>WILF:</p> <ul style="list-style-type: none"> Hold the ball with 10 points of contact. Move round the areas, maintaining control of the ball. Throw the ball towards targets, with varying success. | <p>WALT:</p> <ul style="list-style-type: none"> Learn the basics of handling, throwing & collecting a tennis ball. <p>WILF:</p> <ul style="list-style-type: none"> Understanding of how to grip the tennis ball, with one or two hands. Throw the tennis ball in the direction of a target, with varying levels of success. | <p>WALT:</p> <ul style="list-style-type: none"> To develop dodging and throwing skills in dodgeball. <p>WILF:</p> <ul style="list-style-type: none"> Dodge incoming dodgeballs by moving quickly and avoiding being hit. Throw a dodgeball accurately at an opponent. Work as a team to eliminate opponents. Understand the rules of dodgeball, including boundaries. | <p>WALT:</p> <ul style="list-style-type: none"> To introduce send & receive techniques of a netball. <p>WILF:</p> <ul style="list-style-type: none"> Throw the ball towards a target, with varying levels of success. Demonstrate how to collect & hold the netball, using 10 points of contact. | | |
| Summer 2 - Multiskills - Running, Jumping, Sending & Receiving | <p>WALT:</p> <ul style="list-style-type: none"> Practice basic running and jumping skills. <p>WILF:</p> <ul style="list-style-type: none"> Participate in running games with improved coordination. Attempt simple jumps with both feet. Engage in playful activities that involve running and jumping together. | <p>WALT:</p> <ul style="list-style-type: none"> Practice throwing and catching techniques. <p>WILF:</p> <ul style="list-style-type: none"> Practice throwing various objects with guidance. Attempt catching objects with two hands. Engage in partner activities to enhance basic throwing and catching skills. | <p>WALT:</p> <ul style="list-style-type: none"> Roll, under-arm and over-arm throw in different games. <p>WILF:</p> <ul style="list-style-type: none"> Practice throwing accurately at static targets. Practice moving and sending the ball at the same time. | <p>WALT:</p> <ul style="list-style-type: none"> Build on skills learned and apply them in different games. <p>WILF:</p> <ul style="list-style-type: none"> Combine running and jumping into games. Take part in games that involve running, jumping, and agility. | <p>WALT:</p> <ul style="list-style-type: none"> Apply throwing and catching skills in different games. <p>WILF:</p> <ul style="list-style-type: none"> Demonstrate improved accuracy in throwing at moving targets. | <p>WALT:</p> <ul style="list-style-type: none"> To practice jumping in a variety of games. <p>WILF:</p> <ul style="list-style-type: none"> Participate in running challenges with improved control. Explore different jump directions and heights. | | |