



September 2025/26 - Year 3

Long Term Plan

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|-----------------------------|---------------------|--------------------|--------------|---------------------|---------------------|
| Topic A | Fundamental Movement Skills | Multi Sports Term 1 | Dance- Space | Gymnastics | Striking & Fielding | Athletics |
| Topic B | World Sports | Assessments | Functional Fitness | Multi Skills | Invasion Games | Multi Sports Term 2 |



September 2025/26 - Year 3

Medium Term Plan

| | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Lesson 8 |
|---|--|---|--|--|---|--|----------|----------|
| Autumn 1A - Fundamental Movement Skills | <p>WALT:</p> <ul style="list-style-type: none"> • Refine running technique and introduce basic sprinting skills. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate proper running posture with a forward lean and relaxed shoulders.&nbsp; • Increase running speed over short distances with controlled movements.&nbsp; • Participate in sprinting drills focusing on acceleration and deceleration.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> • Refine jumping technique and introduce basic plyometric exercises.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Perform basic plyometric exercises such as jump squats or box jumps with control.&nbsp; • Demonstrate proper landing technique, including bending the knees and absorbing impact.&nbsp; • Participate in jumping drills focusing on vertical and horizontal explosiveness.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> • Learn coordination skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex locomotor movements with coordination, such as galloping or jumping jacks.&nbsp; • Demonstrate improved coordination between upper and lower body movements.&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> • Refine static balance skills and introduce dynamic balance activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Maintain balance while performing dynamic movements such as lunges or squats.&nbsp; • Demonstrate improved balance while navigating uneven surfaces or obstacles.&nbsp; • Participate in activities requiring balance adjustments in response to external stimuli (e.g., catching and throwing a ball while balancing).&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> • Refine agility skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex agility movements with precision, such as ladder drills or cone drills.&nbsp; • Demonstrate improved coordination between upper and lower body movements during agility exercises.&nbsp; • Participate in activities requiring agility in different planes of movement (e.g., moving forward while dodging obstacles).&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> • Refine throwing and catching skills and introduce more complex techniques. <p>WILF:</p> <ul style="list-style-type: none"> • Perform more complex throwing techniques such as sidearm throws or overhead throws.&nbsp; • Demonstrate improved accuracy and distance in throwing and catching activities.&nbsp; • Participate in activities requiring coordination between throwing, catching, and movement (e.g., throwing and catching while moving). | | |

| | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Lesson 8 | |
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| Spring 1B - Functional Fitness | <p>WALT:</p> <ul style="list-style-type: none"> Enhance speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none"> Perform agility drills with increased speed and accuracy. Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively. Demonstrate improved reaction time to auditory and visual cues during movement tasks. | <p>WALT:</p> <ul style="list-style-type: none"> Introduce dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none"> Perform explosive movements such as jump squats and broad jumps with control. Generate power through coordinated movements and full-body engagement. Participate in partner activities requiring coordination and timing. | <p>WALT:</p> <ul style="list-style-type: none"> Introduce circuit training to improve overall endurance and stamina. <p>WILF:</p> <ul style="list-style-type: none"> Complete circuits consisting of various exercises with minimal rest between stations. Sustain effort and intensity throughout the entire circuit. Participate in partner or team-based circuit challenges to foster camaraderie and motivation. | <p>WALT:</p> <ul style="list-style-type: none"> Progress & practice enhancing speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none"> Continue to perform agility drills with increased speed and accuracy. Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively. Demonstrate improved reaction time to auditory and visual cues during movement tasks. | <p>WALT:</p> <ul style="list-style-type: none"> Progress & practice dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none"> Continue to perform explosive movements such as jump squats and broad jumps with control. Generate power through coordinated movements and full-body engagement. Participate in partner activities requiring coordination and timing. | <p>WALT:</p> <ul style="list-style-type: none"> Progress & practice activities included in a circuit, to improve overall endurance and stamina. <p>WILF:</p> <ul style="list-style-type: none"> Continue to complete circuits consisting of various exercises with minimal rest between stations. Sustain effort and intensity throughout the entire circuit. Participate in partner or team-based circuit challenges to foster camaraderie and motivation. | | | |

Spring 2A - Gymnastics

| | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Lesson 8 | |
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| Summer 1B - Invasion Games | <p>WALT:</p> <ul style="list-style-type: none"> • Increase confidence & understanding of when & how is best to throw when a target is moving in different directions. <p>WILF:</p> <ul style="list-style-type: none"> • Attempt to pass to a teammate, using the correct technique for both chest & bounce pass. • Attempt to dribble the ball using one hand, keeping control over a short distance. | <p>WALT:</p> <ul style="list-style-type: none"> • Dribble the ball over short distances, and hit the ball using a push shot, with varied levels of success. <p>WILF:</p> <ul style="list-style-type: none"> • Show basic control skills when dribbling the ball. • Show basic understanding of how to perform a push shot, with varying levels of success in relation to distance & direction. | <p>WALT:</p> <ul style="list-style-type: none"> • Develop basic attacking skills including running with the ball and evading defenders. • Understand the rules and objectives of scoring a try in rugby. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils demonstrating a clear understanding of how to score a try, including grounding the ball correctly on the try line.&nbsp; • Pupils using agility and evasion techniques to bypass defenders. | <p>WALT:</p> <ul style="list-style-type: none"> • Use passing and shooting skills in a game setting. <p>WILF:</p> <ul style="list-style-type: none"> • Passes are accurate and reach the intended teammate. • Shots are aimed accurately at the goal. • Effective use of passing and shooting under game conditions. | <p>WALT:</p> <ul style="list-style-type: none"> • Work together in small-sided games to apply passing and shooting skills effectively. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils can pass the ball to a teammate with control.&nbsp; • Pupils can shoot with power and accuracy. | <p>WALT:</p> <ul style="list-style-type: none"> • Developing handball skills to apply skills into game situations. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils demonstrate the ability to pass the ball accurately to a teammate.&nbsp; • Pupils can shoot the ball towards the goal using correct form.&nbsp; • Pupils can apply skills learnt in the lesson to game situations.&nbsp; | | | |

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| Summer 2A - Athletics | <p>WALT:</p> <ul style="list-style-type: none"> Develop sprinting techniques such as stride length and frequency.&nbsp; Practice sprinting over short distances with proper form.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Demonstration of improved stride length and frequency.&nbsp; Consistent use of proper sprinting form (e.g., driving knees, pumping arms). | <p>WALT:</p> <ul style="list-style-type: none"> Explore different types of jumps, including broad jump and running jumps such as long jump and triple jump.&nbsp; Develop jumping strategies to maximise distance or height. <p>WILF:</p> <ul style="list-style-type: none"> Mastery of basic jumping techniques, including standing long jump and two-foot take-off.&nbsp; Application of jumping strategies to achieve desired outcomes (e.g., jumping for distance or height).&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> Explore different types of throws, including overarm and underarm throws.&nbsp; Develop throwing strategies to achieve greater distance or accuracy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Mastery of basic throwing techniques, including overarm throw and push throw.&nbsp; Application of throwing strategies to achieve desired outcomes (e.g., throwing for distance or accuracy).&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> Explore different long-distance running techniques.&nbsp; Understand the concept of pacing and race strategy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Mastery of basic long-distance running techniques.&nbsp; Demonstrated understanding of pacing and the ability to adjust speed accordingly. | <p>WALT:</p> <ul style="list-style-type: none"> Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;&nbsp; | <p>WALT:</p> <ul style="list-style-type: none"> Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities. <p>WILF:</p> <ul style="list-style-type: none"> An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp; | | | |
| Summer 2B - Multi Sports Term 2 | <p>WALT:</p> <p>To practice passing and scoring a try.</p> <p>WILF:</p> <ul style="list-style-type: none"> Correct grip of the rugby ball with two hands Correct passing technique, passing from the pocket Target up when receiving a pass&nbsp; Teamwork when playing tagging games | <p>WALT:</p> <p>Work on kicking and tagging skills.</p> <p>WILF:</p> <ul style="list-style-type: none"> Children to know where is best to kick the ball for a grubber and punt kick Children to shorten their steps when approaching an attacker, giving them the best opportunity to tag them | <p>WALT:</p> <p>Work on passing and dribbling skills in Basketball.</p> <p>WILF:</p> <ul style="list-style-type: none"> Good control of the ball whilst dribbling Correct technique when using chest pass and bounce pass Use of evasion and agility to beat defenders whilst dribbling | <p>WALT:</p> <p>Maintain possession in Basketball whilst attacking.</p> <p>WILF:</p> <ul style="list-style-type: none"> Bouncing the basketball when moving Use of dominant hand to control the ball Keep head up when dribbling to see where teammates are to pass to Extend arms to target when passing | <p>WALT:</p> <p>Continue to develop passing & dribbling skills</p> <p>WILF:</p> <ul style="list-style-type: none"> Improved confidence in passing over different distances. Continue to improve dribbling skills, attempting to use both sides of the stick & change direction without having to stop moving. | <p>WALT:</p> <ul style="list-style-type: none"> Continue to develop shooting & defending skills. <p>WILF:</p> <ul style="list-style-type: none"> Improved confidence in shooting from different distances & angles. Continue to improve defending skills, reducing the number of fouls conceded and reducing the number of goals conceded. | | | |