



September 2025/26 - Year 5

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- Around the World	Gymnastics	Cricket	Athletics
Topic B	World Sports	Multi Skills	Functional Fitness	Tennis	Hockey	Netball



September 2025/26 - Year 5

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: Develop agility and speed through multidirectional running activities.&nbsp;</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute direction changes while running (e.g., side shuffles, quick turns).&nbsp; • Demonstrate agility and coordination during running-based games or obstacle courses.&nbsp; • Participate in partner drills focusing on reaction time and coordination.&nbsp; 	<p>WALT: • Develop agility and coordination through multidirectional jumping activities.&nbsp;</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes while jumping (e.g., lateral jumps, 180-degree jumps).&nbsp; • Demonstrate agility and coordination during jumping-based games or obstacle courses.&nbsp; • Participate in partner drills focusing on reaction time and coordination.&nbsp; 	<p>WALT: • Develop agility and coordination through multidirectional movement activities.&nbsp;</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes with coordination (e.g., side steps, quick turns).&nbsp; • Demonstrate agility and coordination during activities like obstacle courses or agility ladder drills.&nbsp; • Participate in partner drills focusing on synchronization and coordination.&nbsp; 	<p>WALT: • Develop agility and coordination through multidirectional balance activities.&nbsp;</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes with balance (e.g., side steps, lunges, pivot turns).&nbsp; • Demonstrate agility and coordination during activities like obstacle courses or balance-based games.&nbsp; • Participate in partner drills focusing on synchronization and balance.&nbsp; 	<p>WALT: • Develop agility and quickness through multidirectional movement activities.&nbsp;</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes with agility (e.g., crossover steps, back pedal).&nbsp; • Demonstrate quickness and agility during activities like tag games or relay races.&nbsp; • Participate in partner drills focusing on synchronization and rapid changes in movement direction.&nbsp; 	<p>WALT: Develop agility and coordination through dynamic throwing and catching activities.</p> <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes while throwing and catching (e.g., moving laterally, forward, backward).&nbsp; • Demonstrate agility and coordination during activities like relay races involving throwing and catching.&nbsp; • Participate in partner drills focusing on synchronization and coordination while throwing and catching.&nbsp; 			

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Autumn 2A - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none"> • Improve our dribbling skills by maintaining close control of the ball while moving. • Develop our passing accuracy by using both short and long passes effectively. <p>WILF:</p> <ul style="list-style-type: none"> • Successfully passing the ball to a teammate with precision. • Ability to keep the ball close to your feet while moving. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand and apply basic defending techniques in football, including marking and tackling. • Develop and improve shooting skills, focusing on accuracy and power. <p>WILF:</p> <ul style="list-style-type: none"> • Successful tackling techniques that are safe and within the rules. • Accurate shots on target, aiming for different areas of the goal. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn and practice different types of passes.&nbsp; • Understand the importance of movement and positioning to keep the ball within the team. • Learn the basics of positioning and marking opponents. <p>WILF:</p> <ul style="list-style-type: none"> • Use correct body position and technique to pass the ball accurately to a teammate. • Demonstrate the ability to keep control of the ball under pressure.&nbsp; • Apply defensive techniques such as marking and intercepting to successfully regain possession. 	<p>WALT:</p> <ul style="list-style-type: none"> • To make sure pupils understands the rules of travel in netball.&nbsp; • Aim and shoot the ball accurately towards a goal or target. <p>WILF:</p> <ul style="list-style-type: none"> • Correct stance and balance when in possession of the ball.&nbsp; • Hitting the target consistently when shooting for goal. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop throwing and catching skills & Improve agility and dodging skills.&nbsp; • Understand and apply the rules of dodgeball. <p>WILF:</p> <ul style="list-style-type: none"> • Accurate and controlled throws. • Quick and effective dodging techniques.&nbsp; • Knowledge of the game rules.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Application of the basic rules of dodgeball.&nbsp; • Work effectively as part of a team. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils know how to start a game, the boundaries, and the objective of eliminating opponents. • Pupils can explain the basic rules of dodgeball.&nbsp; 			

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Autumn 2B - Multi Skills	<p>WALT: Master advanced running and jumping techniques and apply them to game situations.</p> <p>WILF: • Execute explosive running movements with maximal effort and acceleration, focusing on sprint mechanics.&nbsp;</p> <p>• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power.&nbsp;</p> <p>• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination.&nbsp;</p>	<p>WALT: • Develop advanced throwing and catching skills with accuracy and coordination.&nbsp;</p> <p>WILF: • Students can demonstrate proper throwing technique, including step, rotation and follow-through.&nbsp;</p> <p>• Students can adapt their throwing & catching techniques different game situations&nbsp;</p>	<p>WALT: Develop fundamental bat and ball skills.</p> <p>WILF: Demonstrating proper grip and stance when using the bat. Showing control and accuracy when striking the ball.</p>	<p>WALT: • Develop speed and power through specialized running and jumping training.&nbsp;</p> <p>WILF: • Execute explosive running movements with maximal effort and acceleration, focusing on sprint mechanics.&nbsp;</p> <p>• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power.&nbsp;</p> <p>• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination.&nbsp;</p>	<p>WALT: Improve coordination and accuracy in throwing and catching various objects</p> <p>WILF: • Demonstrating control and accuracy in both throwing and catching. • Ability to adjust throwing and catching techniques based on the type of object and distance.</p>	<p>WALT: • Progress onto more advanced Bat & Ball activities.&nbsp;</p> <p>WILF: • Pupils should apply strategic thinking by choosing appropriate techniques based on game situations, adapting their approach to different opponents, and anticipating the trajectory of the ball. • Pupils should demonstrate problem-solving skills by quickly adapting to changing game conditions, identifying areas for improvement in their technique, and implementing strategies to overcome challenges.</p>			

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Spring 2B - Tennis	<p>WALT:</p> <ul style="list-style-type: none"> • Develop and improve hand-eye coordination skills for tennis. <p>WILF:</p> <ul style="list-style-type: none"> • Accurate and consistent ball control while dribbling the tennis ball with the racket. • Correct footwork and balance, moving smoothly around the court while maintaining control of the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the basic technique of a forehand shot in tennis. <p>WILF:</p> <ul style="list-style-type: none"> • Holding the racket with the correct grip.&nbsp; • Hitting the ball consistently within the boundaries of the court. • Controlling the direction and power of the shot. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the basic technique and positioning for a backhand shot in tennis. <p>WILF:</p> <ul style="list-style-type: none"> • Correct grip and stance for a backhand shot. • Ability to consistently hit the ball over the net using a backhand shot. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop basic volley shot technique in tennis. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils should demonstrate the proper grip and ready position.&nbsp; • Pupils should be able to make controlled and accurate volleys, keeping the ball within the court. 	<p>WALT:</p> <ul style="list-style-type: none"> • Pupils will show proficiency in the basic techniques, including forehand, backhand, volley, and serve. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils demonstrate proper grip, stance, and swing techniques for forehand, backhand, volleys, and serves. • Students consistently hit the ball within the boundaries and can direct shots with accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> • Consolidate and refine all tennis skills learned in the previous lessons, including forehand, backhand, volley, and footwork. <p>WILF:</p> <ul style="list-style-type: none"> • &nbsp;Execute a proper forehand stroke with accuracy and control. • &nbsp;Perform a backhand stroke with correct technique and consistency. • &nbsp;Practice volleying at the net with precision and quick reflexes. 			

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Summer 1A - Cricket	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the techniques of bowling in cricket. <p>WILF:</p> <ul style="list-style-type: none"> • Ensure your fingers are positioned correctly on the cricket ball for optimal control.&nbsp; • Maintain a stable and balanced stance with feet shoulder-width apart and body aligned towards the target. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop correct batting technique in Cricket. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrated understanding of the correct batting stance.&nbsp; • Consistent use of the correct grip on the bat. • Good timing and contact with the ball, leading to more accurate and powerful shots. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop effective fielding techniques in cricket.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Show understanding and execution of basic fielding techniques such as bending knees, keeping eyes on the ball, and using both hands for catching. • React promptly to the ball's direction and speed, moving into position swiftly to intercept or retrieve it. 	<p>WALT:</p> <ul style="list-style-type: none"> • Demonstrate control and accuracy in delivering a cricket ball. <p>WILF:</p> <ul style="list-style-type: none"> • Consistent execution of the bowling action, focusing on body alignment and arm position. Ability to generate pace and accuracy while maintaining control. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop and refine our batting skills in cricket. <p>WILF:</p> <ul style="list-style-type: none"> • Adaptability in responding to different types of bowling.&nbsp; • Improvement in batting technique from previous lessons.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine our fielding techniques in cricket, focusing on catching, throwing, and stopping the ball effectively.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrating improved catching skills by maintaining focus on the ball, using correct hand positioning, and securing catches confidently. • Showing accuracy and strength in throwing the ball back to the wicketkeeper or the stumps, aiming for direct hits whenever possible. 			

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Summer 1B - Hockey	<p>WALT:</p> <ul style="list-style-type: none"> • Understand and demonstrate the correct grip on the hockey stick. • Maintain control of the ball while moving at different speeds.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Correct grip and posture when holding the hockey stick. • Successful use of both sides of the stick to maneuver the ball. • Quick changes in direction while maintaining ball control. 	<p>WALT:</p> <ul style="list-style-type: none"> • Improve accuracy and control when passing the ball to teammates. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils should show proper stance and grip on the hockey stick, and execute the correct movement for each type of pass. • Students should be able to control the power and speed of their passes based on the distance and situation. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the importance of maintaining possession of the ball in hockey. • Learn and apply basic defensive techniques to regain possession from the opposition. <p>WILF:</p> <ul style="list-style-type: none"> • Pupils should attempt to intercept passes by anticipating the opponent's passes.&nbsp; • Students should adopt a low, balanced stance while defending, keeping their stick on the ground to block passes and challenge for the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • Pupils will learn the basic techniques required for effective shooting in hockey, including grip, stance, and body positioning.&nbsp; • Pupils will focus on how to accurately aim their shots and apply the correct amount of force to their shots.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Pupils should demonstrate correct grip on the stick, a stable stance, and proper body positioning when taking a shot. • Pupils should be able to consistently aim and shoot the ball towards a designated target or goal area. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop better ball control during play, ensuring smooth transitions and effective defense. <p>WILF:</p> <ul style="list-style-type: none"> • Passes that reach your teammates effectively without being intercepted.&nbsp; • Awareness of your surroundings during gameplay, including the positions of your teammates and opponents, and making quick, strategic decisions. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine and apply basic attacking and defending strategies in hockey.&nbsp; • Develop and demonstrate skills in dribbling, passing, and shooting in game situations.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Pupils should move into space to receive passes, support the player with the ball, and use quick passes to create scoring opportunities. • Pupils should mark opponents, intercept passes, and position themselves to block shots. • Controlled dribbling with the stick close to the ball, maintaining possession while moving. <p>Accurate and timely passes to teammates, using both push passes and hits effectively. Effective shooting techniques, aiming for the target area, and using appropriate power and control</p>			

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Summer 2A - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> • Refine sprinting techniques for optimal performance.&nbsp; • Develop strategies for improving sprint times. <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of sprinting techniques, including efficient arm drive and powerful leg action.&nbsp; • Application of strategies to enhance sprinting performance (e.g., explosive starts, maintaining form). 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore advanced jumping techniques and variations.&nbsp; • Develop strategies for maximizing jumping performance. <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of advanced jumping techniques such as the scissors jump or single-leg take-off.&nbsp; • Application of strategies to improve jumping performance (e.g., approach speed, arm swing).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore advanced throwing techniques and variations.&nbsp; • Develop strategies for maximizing throwing performance. <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of advanced throwing techniques such as the javelin throw or shotput. • Application of strategies to improve throwing performance (e.g., footwork, arm motion).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Explore advanced long-distance running strategies.&nbsp; • Develop strategies for maintaining focus and motivation during runs.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Mastery of more advanced running techniques such as stride length and gate.&nbsp; • Application of strategies to maintain focus and motivation during runs.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Progress 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. 	<p>WALT:</p> <p>Progress & practice sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp;</p> <p>WILF:</p> <p>An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;</p>			

