



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	Multi Sports Term 1	Dance- Musical Theatre	Gymnastics	Cricket	Athletics
Topic B	Assessments	Multi Skills	Functional Fitness	Badminton	Rugby	Multi Sports Term 2



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	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce the principles of good running techniques. • Be able to begin a sprint race using the semi-crouched start. <p>WILF:</p> <ul style="list-style-type: none"> • Practice running skills in a variety of games and activities. • Understand how techniques can be used to gain advantage over competitors. 	<p>WALT:</p> <ul style="list-style-type: none"> • Practise various two feet jumping and landing skills. • Understand the importance of a warm up. <p>WILF:</p> <ul style="list-style-type: none"> • 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. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue developing the coordination of arms, eyes & leg. <p>WILF:</p> <ul style="list-style-type: none"> • 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. 	<p>WALT:</p> <ul style="list-style-type: none"> • Demonstrate their abilities at balancing their bodies. • Explain some scientific terms related to balance. <p>WILF:</p> <ul style="list-style-type: none"> • Be able to balance in different shapes and positions without falling/wobbling. • Understanding and engaging their core can help with balancing. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn how to quickly move around the area and change direction. • Be able to use the whole body when moving quickly. <p>WILF:</p> <ul style="list-style-type: none"> • 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. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn how to keep possession of the ball in a game setting. • Understand why communication is important. <p>WILF:</p> <ul style="list-style-type: none"> • 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 -
Assessments

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2A - Multi Sports Term 1	<p>WALT: Pass the ball to a stationary & dynamic target. Dribble with both feet in different directions.</p> <p>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.</p>	<p>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.</p> <p>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.</p>	<p>WALT: Learn the different techniques involved in passing a ball. Learn which pass is best in certain situations.</p> <p>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.</p>	<p>WALT: Develop a consistent & effective shooting technique. Understand why pivoting is important.</p> <p>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.</p>	<p>WALT: Learn how to dodge & throw a ball effectively. Understand the rules of dodgeball.</p> <p>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.</p>	<p>WALT: Learn which balls are the easiest to catch. Develop a reliable, accurate throw of the ball.&nbsp;</p> <p>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.</p>

Autumn 2B - Multi Skills	<p>WALT: • Begin to understand what body parts are used when exercising. • Be able to correctly land each jump.</p> <p>WILF: • When jumping, be able to recognise which muscles are working and how we can heighten and lengthen them. • Learn to land on the balls of our feet so we can continuously jump.</p>	<p>WALT: • Continuously throw and catch the ball with correct technique.&nbsp; • Be able to use different throwing techniques depending on how far we are throwing.</p> <p>WILF: • Demonstrate our understanding of how to catch the ball in a W shape and why we should do this. • Be able to correctly use the underarm throw to aim at close by targets.</p>	<p>WALT: • Understand basic rules and apply them into games. • Be able to bowl at a target.</p> <p>WILF: • Be able to play a simple game with minimal help. • Be able to repeatedly hit a target when bowling at different distances.</p>	<p>WALT: • Learn how to evade taggers quickly. • Understand what muscles are used in different activities.</p> <p>WILF: • Use side steps and small strides to be able to change directions quickly. • Be able to name basic muscle groups and identify when they are being used.</p>	<p>WALT: • Learn how to correctly catch a ball. • Learn how to correctly pass a rugby ball.</p> <p>WILF: • Understand why it's important to catch the ball in a W catch when playing in a game. • Be able to pass the rugby ball with the correct foot positioning and arm placements.</p>	<p>WALT: • Understand how to safely and correctly stand when batting a ball.</p> <p>WILF: • Stand with their weak leg close to the batter&nbsp; to allow for a swing with no obstruction.</p>
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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - Dance- Musical Theatre	<p>WALT:</p> <ul style="list-style-type: none"> To introduce the theme of 'Theatre' To engage fully in all activities throughout the class <p>WILF:</p> <ul style="list-style-type: none"> To engage in and learn the choreography for The Greatest Showman. To demonstrate an understanding of two terminology words. 	<p>WALT:</p> <ul style="list-style-type: none"> To recap the theme of 'Theatre'. To learn the choreography of section 2 'Matilda'. To learn two more terminology words. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> To add a further section onto the choreography (Hairspray). To recap the previous two weeks choreography. To understand and learn the meaning of two terminology words. <p>WILF:</p> <ul style="list-style-type: none"> To be able to recall the previous weeks choreography. To remain focused and engaged throughout the entire session. 	<p>WALT:</p> <ul style="list-style-type: none"> Recap the theme of theatre. Learning two key words to add to the groups of terminology words that we have already learnt. <p>WILF:</p> <ul style="list-style-type: none"> Engagement and focus throughout the entire lesson. Good recollection of the previous weeks choreography. 	<p>WALT:</p> <ul style="list-style-type: none"> To recall the previous weeks choreography. To explore the uses of partner work and how to work effectively together. <p>WILF:</p> <ul style="list-style-type: none"> 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 - Functional Fitness	<p>WALT:</p> <p>Demonstrate a technically correct sprint, as quick as the individual can. Show a clear understanding of agility.</p> <p>WILF:</p> <p>Sprint with knees lifted, arms driving back &nbsp;&nbsp;&nbsp; forward, with maximum effort from each individual. Demonstrate two types of agility; side-steps &nbsp;&nbsp; changes of speed.</p>	<p>WALT:</p> <ul style="list-style-type: none"> Be able to describe the components of health related fitness. Be able to name muscle groups. <p>WILF:</p> <ul style="list-style-type: none"> Give examples of physical activities which incorporate one or more of the components of health related fitness. Be able to identify what muscle groups are used in different exercises or movements. 	<p>WALT:</p> <ul style="list-style-type: none"> Improve cardiovascular endurance (the ability of your heart and lungs to fuel your body with oxygen). Improve muscular endurance (the ability of your muscles to work continuously without getting tired). <p>WILF:</p> <ul style="list-style-type: none"> Identify which form of endurance is being developed through various activities/exercises. 	<p>WALT:</p> <ul style="list-style-type: none"> Demonstrate a technically correct sprint, as quick as the individual can. Show a clear understanding of agility. <p>WILF:</p> <ul style="list-style-type: none"> Sprint with knees lifted, arms driving back &nbsp;&nbsp; forward, with maximum effort from each individual. Demonstrate two types of agility; side-steps &nbsp;&nbsp; changes of speed. 	<p>WALT:</p> <p>Learn how to use the body to help demonstrate a higher/ longer jump. Understand how we can improve our leg power.</p> <p>WILF:</p> <p>Be able to correctly swing the arms in time with the legs to help perform a jump. Be able to name a drill/ activity that works on gaining leg power.</p>	<p>WALT:</p> <ul style="list-style-type: none"> Improve cardiovascular endurance (the ability of your heart and lungs to fuel your body with oxygen). Improve muscular endurance (the ability of your muscles to work continuously without getting tired). <p>WILF:</p> <p>Identify which form of endurance is being developed through various activities/exercises.</p>

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2A - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none"> To learn and remember the nine gymnastic positions.&nbsp; To perform a selection of these shapes as jumps. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Develop our balance. Learn nine different gymnastics balances. Create a variety of partner balances. <p>WILF:</p> <ul style="list-style-type: none"> To show an 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; 	<p>WALT:</p> <ul style="list-style-type: none"> 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. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> 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. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> 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. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	
Spring 2B - Badminton	<p>WALT:</p> <ul style="list-style-type: none"> Understand and demonstrate proper grip and stance for badminton. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Develop effective serving techniques in badminton. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Focus on executing clear and lob shots with proper technique. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Learn and practice the powerful smash shot. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Develop touch and finesse with the drop shot. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Apply all learned skills and concepts in a game setting. <p>WILF:</p> <ul style="list-style-type: none"> 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 2A - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> Understand how to generate power. Understand what happens to their body when running. <p>WILF:</p> <ul style="list-style-type: none"> Learn how to push off the back foot when in a standing position to create power for sprints. Highlight key points such as, they feel out of breath, and begin to sweat. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand how the body moves when jumping Be able to complete all jumps with control. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Be able to follow safety instructions when performing the javelin. Learn the correct throwing technique. <p>WILF:</p> <ul style="list-style-type: none"> 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. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand your own maximum speed when travelling over a longer distance. <p>WILF:</p> <ul style="list-style-type: none"> A slower but consistent speed to reduce the chance of walking during the activity. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games. 	<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 demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.
Summer 2B - Multi Sports Term 2	<p>WALT:</p> <ul style="list-style-type: none"> Improve passing to a partner, stationary & dynamic.&nbsp; Improve catching with two hands. Practice how to score a try, and the decision making involved to increase probability of scoring. <p>WILF:</p> <ul style="list-style-type: none"> Demonstrate a two handed pass, from the left & right side of the body, to a target created by a partner. Catch with two hands, arms stretched out in-front, creating a W target so the fingers wrap round the ball. Place the ball down using two hands. Increase the chance of scoring by avoiding the defender, or passing to a teammate in a stronger position. 	<p>WALT:</p> <p>Practice the body position needed to make a successful tackle, without making contact with the opposition player.</p> <p>Kick the ball to different targets over different distances.</p> <p>WILF:</p> <p>Bending the knees to easily reach round the opponents waist for the tags.</p> <p>Keep the head in a neutral position to see the opponents movement.</p> <p>Learn the difference between the grubber & chip kick.&nbsp;</p> <p>Practice kicking the ball different lengths by altering how far back the leg swings before contact.</p>		<p>WALT:</p> <ul style="list-style-type: none"> Begin to understand attacking tactics. Be able to shoot in a height appropriate net. <p>WILF:</p> <ul style="list-style-type: none"> Learn why it is important to pass the ball quickly to teammates to gain a speed advantage over the other team. Be able to aim for the backboard when shooting. 	<p>WALT:</p> <ul style="list-style-type: none"> Learn how to defend the ball. Be able to control the ball when passing. <p>WILF:</p> <ul style="list-style-type: none"> Be able to stop the ball with control and then be able to pass or dribble once gained possession. Be able to pass the ball to a teammate without it being intercepted. 	<p>WALT:</p> <ul style="list-style-type: none"> Dribble in competitive & non-competitive situations. Shoot while moving, and from a stationary position. <p>WILF:</p> <ul style="list-style-type: none"> Show confidence in dribbling the ball, with the left & right side of the stick. Attempt to dribble past defenders, showing control of the ball. Shoot while moving towards the goal, and from a stationary position. Aim for the corners of the goal to challenge the goalkeeper.