



2024 - 2025 - Year 1

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Multi Skills	Fundamental Movement Skills	Dance - Weather	Cooperation	Gymnastics	Functional Fitness
Topic B	Target Games	Cooperation	Multi Sports Term 1	Multi Sports Term 2	Athletics	Striking & Fielding



2024 - 2025 - Year 1

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none"> To introduce basic running and jumping movements to develop fundamental locomotor skills. <p>WILF:</p> <ul style="list-style-type: none"> Engage in simple running activities such as running in a straight line or around cones with control.&nbsp; Demonstrate basic jumping movements like two-footed jumps or hopping on one foot.&nbsp; Participate in group activities promoting spatial awareness and basic running/jumping techniques.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce basic throwing and catching movements to develop fundamental manipulative skills.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Engage in simple throwing actions, such as underarm throwing, with control and coordination. Demonstrate basic catching movements, such as using both hands to receive an object. Participate in group activities promoting spatial awareness and basic throwing/catching techniques.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To develop running and jumping technique and control through structured practice. &nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Execute basic running movements with proper form, including swinging the arms and lifting the knees.&nbsp; Demonstrate improved height and distance in jumping activities.&nbsp; Participate in running and jumping games or challenges to reinforce technique and control.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To develop throwing and catching technique and control through structured practice. &nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Execute basic throwing movements with proper form, including stepping and following through.&nbsp; Demonstrate improved accuracy and distance in throwing activities. Participate in catching drills focusing on hand-eye coordination and reaction time.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To refine running and jumping technique and introduce basic variations. &nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Perform directional changes while running (e.g., side steps, turns) with control. Execute basic variations of jumping movements such as forward jumps or sideways jumps. Participate in cooperative running and jumping activities requiring coordination and teamwork. 	<p>WALT:</p> <ul style="list-style-type: none"> To refine throwing and catching technique and introduce basic variations.&nbsp;&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Perform different types of throws (e.g., overarm, sidearm) with control and accuracy.&nbsp; Execute basic variations of catching movements such as one-handed catches or catching while on the move.&nbsp; Participate in cooperative throwing and catching activities requiring communication and teamwork.&nbsp;

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1B - Target Games	<p>WALT:</p> <ul style="list-style-type: none"> • Develop foot control skills to accurately kick or control objects towards a target. <p>WILF:</p> <ul style="list-style-type: none"> • Students can demonstrate basic kicking and controlling techniques using their feet. • Students understand how to adjust the force and direction of their kicks for accuracy. • Students exhibit balance and coordination while using their feet to control objects. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop proficiency in over and underarm throwing techniques for accuracy and distance. <p>WILF:</p> <ul style="list-style-type: none"> • Students can differentiate between overarm and underarm throwing techniques. • Students demonstrate proper grip and release when throwing objects overarm and underarm. • Students understand how to adjust their throwing force and angle for accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> • Practice throwing techniques to achieve greater distance while maintaining accuracy. <p>WILF:</p> <ul style="list-style-type: none"> • Students understand the importance of generating force to achieve greater throwing distance. • Students demonstrate proper stance and body alignment to optimise throwing distance. 	<p>WALT:</p> <ul style="list-style-type: none"> • Progress throwing techniques to achieve greater distance while maintaining accuracy. <p>WILF:</p> <ul style="list-style-type: none"> • Students can adjust their throwing technique to achieve different distances. • Students show improvement in the distance of their throws through practice and refinement. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop the ability to accurately hit targets using various equipment. <p>WILF:</p> <ul style="list-style-type: none"> • Students demonstrate proper grip and swing technique when using different hitting equipment. • Students understand how to adjust their swing force and angle for accuracy. • Students show improvement in their ability to hit targets consistently with different equipment. • Students exhibit control and coordination in their hitting motions. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine throwing techniques to achieve greater distance while maintaining accuracy. <p>WILF:</p> <ul style="list-style-type: none"> • Students exhibit consistency in their throwing distances over multiple attempts. • Students engage in activities that challenge them to progressively increase their throwing distances.
Autumn 2A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic running movements to develop fundamental locomotor skills.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in simple running activities such as running in a straight line or around cones.&nbsp; • Demonstrate improved coordination and balance during running movements.&nbsp; • Participate in group activities promoting basic spatial awareness and running technique.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic jumping movements to develop fundamental locomotor skills.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in simple jumping activities such as two-footed jumps or hopping on one foot.&nbsp; • Demonstrate improved coordination and balance during jumping movements.&nbsp; • Participate in group activities promoting basic spatial awareness and jumping technique. 	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic coordination movements to develop fundamental motor skills.&nbsp;&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in simple activities, using hand-eye coordination to achieve a challenge. • Participate in group activities promoting basic spatial awareness and coordination.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic balance movements to develop fundamental motor skills.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate improved stability and control during basic balancing activities.&nbsp; • Participate in group activities promoting spatial awareness and body alignment.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic agility movements to develop fundamental locomotor skills.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in simple agility activities such as changing direction while walking or running.&nbsp; • Demonstrate improved coordination and balance during basic agility movements.&nbsp; • Participate in group activities promoting spatial awareness and basic agility techniques.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To introduce basic throwing and catching movements to develop fundamental coordination. <p>WILF:</p> <ul style="list-style-type: none"> • Engage in simple throwing and catching activities using soft and lightweight objects (e.g., beanbags). • Demonstrate improved hand-eye coordination and basic catching technique. • Participate in group activities promoting spatial awareness and cooperation.&nbsp;

Autumn 2B - Cooperation

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - Dance - Weather	<p>WALT:</p> <ul style="list-style-type: none"> To introduce the theme of weather.&nbsp; To learn what unison is. To be creative and use imagination throughout the lesson. <p>WILF:</p> <ul style="list-style-type: none"> I am looking for creative thinking throughout the entire lesson. I am looking for focus and engagement throughout the lesson. 	<p>WALT:</p> <ul style="list-style-type: none"> To continue with the theme of weather.&nbsp; To understand the key word repetition. To understand the key word canon. <p>WILF:</p> <ul style="list-style-type: none"> I am looking for full engagement and focus throughout the lesson.&nbsp; I am looking for you to show me the use of canon in your work. I am looking for you to show me the use of repetition in your work. 	<p>WALT:</p> <ul style="list-style-type: none"> To continue with the theme of weather. We are learning how to work effectively during a rehearsal.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Excellent engagement throughout the entire class for all activities. A basic understanding of what rhythm is and to show me how to move to a simple rhythm.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To continue with the theme of weather. To learn what formation means and how to apply it to our routine.&nbsp; To continue adding onto our weather routine.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> To demonstrate how we can use formation in a dance routine. To show full engagement and focus throughout the lesson.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To continue the theme of weather.&nbsp; To learn what direction is and how it can be applied in dance. <p>WILF:</p> <ul style="list-style-type: none"> To apply direction within our dance routine.&nbsp; To show full engagement and focus throughout the lesson. 	<p>WALT:</p> <ul style="list-style-type: none"> To continue with the theme of weather.&nbsp; To rehearse the dance. To perform in a final showing of the dance routine.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> To perform in a final performance of the group routine.&nbsp; To be fully engaged and focused throughout the entire lesson.&nbsp;
Spring 1B - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none"> To introducing passing and dribbling the football. <p>WILF:</p> <ul style="list-style-type: none"> Use both feet to develop dribbling ability. Use teamwork to promote the ball to teammates in a better position. 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce defending and shooting to score goals. <p>WILF:</p> <ul style="list-style-type: none"> Track and follow the person dribbling the football. Initiate a tackle using the feet to dispossess the attacker. Use the side of the foot shoot for placement.&nbsp; Use the laces or the top of the foot to shoot for power.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce passing and defending in Netball. <p>WILF:</p> <ul style="list-style-type: none"> Have hands up and show a target. Pass using a chest pass or a bounce pass. Moving to grab the ball whilst it is travelling in mid-air (intercept). 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce shooting & movement in Netball. <p>WILF:</p> <ul style="list-style-type: none"> Demonstrate a basic understanding of how to hold & shoot, with varied levels of success. Movement off the ball, identifying space & moving into it. 	<p>WALT:</p> <ul style="list-style-type: none"> To throw accurately and use balance and coordination to dodge. <p>WILF:</p> <ul style="list-style-type: none"> Use of underarm or overarm throw. The ability to shift bodyweight quickly in order to dodge a thrown ball. 	<p>WALT:</p> <ul style="list-style-type: none"> To use effective teamwork and strategy to win a dodgeball match. <p>WILF:</p> <ul style="list-style-type: none"> Effective communication with teammates. Different types of throws to eliminate opponents.&nbsp; Speed of movement to evade throws.
Spring 2A - Cooperation						

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2B - Multi Sports Term 2	<p>WALT:</p> <ul style="list-style-type: none"> To introduce passing and try scoring. <p>WILF:</p> <ul style="list-style-type: none"> Correct grip on the ball. Passing the rugby ball from 'the pocket'. Placing the ball down on the ground to score a try. 	<p>WALT:</p> <ul style="list-style-type: none"> To learn how to grubber and punt kick. <p>WILF:</p> <ul style="list-style-type: none"> A basic understanding of the differences between the grubber & chip kick. A basic understanding of how to pass, catch, and move in an adapted format of rugby. 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce passing and dribbling with a basketball. <p>WILF:</p> <ul style="list-style-type: none"> Demonstrate correct grip on the basketball, pushing the ball from the chest for chest and bounce passes. Dribble with two hands to improve control, progressing to one hand as confident increases. 	<p>WALT:</p> <ul style="list-style-type: none"> To introduce shooting & maintaining possession in basketball. <p>WILF:</p> <ul style="list-style-type: none"> A basic understanding of how to shoot towards a target, showing varying levels of success. A basic understanding of how to maintain possession through dribbling, passing to teammates, and moving round the court. 	<p>WALT:</p> <ul style="list-style-type: none"> Introduce hockey skills, specifically passing, keeping possession & defending. <p>WILF:</p> <ul style="list-style-type: none"> Children to keep two hands on the hockey stick. Children to ensure the hockey stick stays on the floor. Maintain a 'heads up' approach so children can scan around them whilst running. 	<p>WALT:</p> <ul style="list-style-type: none"> To focus on dribbling and shooting skills. <p>WILF:</p> <ul style="list-style-type: none"> Keeping the ball close to the stick, using only light taps to keep the ball close.&nbsp; Using both sides of the stick whilst maintaining good posture. Pushing through the ball to play a 'push shot'.

Summer 1A - Gymnastics

Summer 1B - Athletics	<p>WALT:</p> <ul style="list-style-type: none"> Understand the basic idea of sprinting.&nbsp; Develop basic running techniques such as balance and coordination.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Demonstration of basic running form (e.g., arms swinging, knees lifting).&nbsp; Participation and engagement in sprinting activities.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Understand basic jumping movements and techniques.&nbsp; Develop coordination and balance required for jumping activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Engagement and participation in jumping activities.&nbsp; Demonstration of basic jumping movements (e.g., two-foot jump, bunny hop).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Understand basic throwing movements and techniques.&nbsp; Develop coordination and strength required for throwing activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Engagement and participation in throwing activities.&nbsp; Demonstration of basic throwing motions (e.g., underhand throw, overhead throw).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Understand the concept of long-distance running.&nbsp; Develop basic endurance and stamina.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Engagement and participation in long-distance running activities.&nbsp; Demonstration of basic running form and technique.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> 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"> To 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;
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	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2A - Functional Fitness	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce basic speed and agility movements to enhance coordination.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in fundamental locomotor movements with control (e.g., running, skipping).&nbsp; • Respond to simple agility cues (e.g., change of direction, hopping on one foot).&nbsp; • Participate in group activities promoting spatial awareness and movement coordination.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • &nbsp;Introduce basic bodyweight exercises to develop foundational strength.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate improved coordination and control during basic strength exercises.&nbsp; • Participate in group activities promoting muscle engagement and awareness.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce basic cardio movements to develop cardiovascular endurance.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in continuous activities like jogging for short durations.&nbsp; • Demonstrate increased heart rate and breathing rate during exercises.&nbsp; • Participate in group activities promoting stamina and endurance.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress and practice basic speed and agility movements to enhance coordination.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Engage in fundamental locomotor movements with control (e.g., running, hopping etc). • Respond to simple agility cues (e.g., change of direction, hopping on one foot).&nbsp; • Participate in group activities promoting spatial awareness and movement coordination.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress and practice basic bodyweight exercises to develop foundational strength.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate improved coordination and control during basic strength exercises.&nbsp; • Participate in group activities promoting muscle engagement and awareness.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress and practice basic cardio & muscular endurance movements in the format of a circuit. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate increased heart rate and breathing rate during exercises.&nbsp; • A basic understanding, with varied success of the exercises selected for the circuit.&nbsp;
Summer 2B - Striking & Fielding	<p>WALT:</p> <ul style="list-style-type: none"> • To learn basic striking and fielding techniques. <p>WILF:</p> <ul style="list-style-type: none"> • teamwork when collecting the balls. • using underhand and overhead throws. • balance and coordination when kicking the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • To develop striking and fielding skills using cricket. <p>WILF:</p> <ul style="list-style-type: none"> • Underarm technique to bowl. • Batters to stand facing the bowler with eyes up to concentrate on the ball. • Lead with elbow high when hitting the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • To practice basic rounders skills. <p>WILF:</p> <ul style="list-style-type: none"> • children to hold the rounders bat in one hand. • keep eyes up and focussed on the ball. • work together to retrieve the ball when fielding. 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress striking and fielding skills using Danish Longball. <p>WILF:</p> <ul style="list-style-type: none"> • teamwork when collecting the balls. • using underhand and overhead throws. • balance and coordination when kicking the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress striking and fielding skills with cricket. <p>WILF:</p> <ul style="list-style-type: none"> • underarm technique to bowl. • batters to stand facing the bowler with eyes up to concentrate on the ball. • Lead with elbow high when hitting the ball. 	<p>WALT:</p> <ul style="list-style-type: none"> • To progress striking and fielding skills with rounders. <p>WILF:</p> <ul style="list-style-type: none"> • children to hold the rounders bat in one hand. • keep eyes up and focussed on the ball. • work together to retrieve the ball when fielding.