



2024 - 2025 - Year 3

Long Term Plan

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



2024 - 2025 - Year 3

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Autumn 1A - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none"> • Throw a ball accurately towards a target • Understand the basic rules of dodgeball <p>WILF:</p> <p>Correct overarm or underarm throwing technique</p> <p>Aiming at a target with control</p> <p>Participation in game scenarios with some understanding of the rules</p>	<p>WALT:</p> <ul style="list-style-type: none"> • Improve the power and accuracy of throws <p>WILF:</p> <p>Using whole-body movement to generate power (e.g., stepping into the throw)</p> <p>Aiming for specific areas of the opponent's body (below shoulders)</p> <p>Accuracy improving in short and longer throws</p>	<p>WALT:</p> <ul style="list-style-type: none"> • Dodge balls effectively during gameplay <p>WILF:</p> <p>Quick reflexes to avoid balls thrown by opponents</p> <p>Using side steps, jumps, and ducks to dodge</p> <p>Ability to read the game and anticipate throws</p>	<p>WALT:</p> <p>Catch a ball safely during gameplay</p> <p>Combine dodging and catching techniques</p> <p>WILF:</p> <p>Correct catching technique (eyes on the ball, hands out in front)</p> <p>Timing of dodging and catching</p> <p>Awareness of when to dodge versus when to attempt a catch</p>	<p>WALT:</p> <ul style="list-style-type: none"> • Make quick decisions on whether to dodge, catch, or throw <p>WILF:</p> <p>Smart decision-making based on game situation</p> <p>Effective teamwork, communicating with peers</p> <p>Combining skills learned (throwing, dodging, catching) in game scenarios</p>	<p>WALT:</p> <ul style="list-style-type: none"> • Apply throwing, dodging, and catching skills in a competitive game <p>WILF:</p> <p>Display control, accuracy, and power in throws</p> <p>Use dodging and catching skills under pressure</p>			

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Autumn 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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Autumn 2A - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce coordinated running and jumping techniques to develop agility and athleticism. <p>WILF:</p> <ul style="list-style-type: none"> • Execute basic running movements with increased speed and coordination, incorporating changes of direction.&nbsp; • Perform basic jumping movements with proper form and timing, focusing on generating power.&nbsp; • Participate in cooperative running and jumping activities, demonstrating teamwork and communication.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce advanced throwing and catching techniques to enhance accuracy and coordination. <p>WILF:</p> <ul style="list-style-type: none"> • Execute various throwing techniques (e.g., overarm, underarm) with improved accuracy and control.&nbsp; • Demonstrate proper catching techniques, including using both hands and body positioning for successful receptions.&nbsp; • Participate in partner activities focusing on synchronisation and timing in throwing and catching sequences.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce bowling & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • A basic understanding of bowling at differing height/distance targets. • A basic understanding of how to retrieve a ball and return to the bowler. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine running and jumping techniques and introduce basic variations. <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes while running (e.g., side steps, quick turns) with control and agility.&nbsp; • Perform basic variations of jumping movements such as forward jumps, sideways jumps, or single-leg jumps.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop power and distance in throwing for improved athletic performance.&nbsp;&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Perform throwing movements with increased velocity and distance, focusing on proper mechanics.&nbsp; • Execute explosive throwing movements (e.g., long throws, overhead throws) with power and accuracy.&nbsp; • Participate in throwing challenges to improve speed, power, and coordination. 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce batting & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • A basic understanding of batting, focusing on hitting the ball over direction/distance. • Continue to improve understanding of how to retrieve a ball and return to the bowler. 			

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Autumn 2B - World Sports	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the basic rules and objectives of Kabaddi. <p>WILF:</p> <ul style="list-style-type: none"> • Recall the basic rules of Kabaddi. • Identify the roles of the raider and defender. • Participate in simple Kabaddi games with appropriate tag techniques. 	<p>WALT:</p> <ul style="list-style-type: none"> • Build on Kabaddi skills by enhancing raiding and defending techniques. <p>WILF:</p> <ul style="list-style-type: none"> • Improve stamina by maintaining a successful raid for a longer duration. <p>Apply learned tagging techniques in more complex scenarios. Demonstrate increased confidence in both raiding and defending.</p>	<p>WALT:</p> <ul style="list-style-type: none"> • Learn the fundamental skills of Volleyball. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate basic skills like serving and underarm pass. • Understand the concept of three hits before the ball crosses the net. • Play a simplified game of Volleyball, following basic rules. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop consistency and confidence in Volleyball basic skills. <p>WILF:</p> <ul style="list-style-type: none"> •• Serve consistently over the net with correct form. • Pass the ball accurately to a teammate in a controlled manner. • Participate in a continuous rally with basic understanding of positioning. 	<p>WALT:</p> <ul style="list-style-type: none"> • Understand the basic rules and objectives of Danish Longball. <p>WILF:</p> <ul style="list-style-type: none"> •• Recall the basic rules and objective of scoring runs. • Successfully hit and run to bases in a simplified game. • Participate in fielding with basic throwing and catching skills. 	<p>WALT:</p> <ul style="list-style-type: none"> • Improve batting and fielding consistency in Danish Longball. <p>WILF:</p> <ul style="list-style-type: none"> •• Hit the ball with greater accuracy and distance. • Run between bases with increased speed and awareness. • Show improved coordination in catching and throwing during fielding. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn the basic rules and skills of Ultimate Frisbee. <p>WILF:</p> <ul style="list-style-type: none"> •• Demonstrate basic throwing and catching techniques. • Understand the concept of scoring by passing the frisbee to a teammate in the end zone. • Participate in a simple game, following basic rules. 	<p>WALT:</p> <ul style="list-style-type: none"> • Enhance Frisbee throwing and catching skills in different game scenarios. <p>WILF:</p> <ul style="list-style-type: none"> •• Throw and catch the Frisbee consistently during gameplay. • Participate in a full game, demonstrating an understanding of basic positioning. • Show improved coordination and reaction time in catching.

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Spring 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). 		

Spring 1B - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none"> • Develop better dribbling skills with changes in direction.&nbsp; • Develop passing skills further.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> • Ability to dribble with control &nbsp; • Changing direction smoothly.&nbsp; • Use both feet to pass the ball&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> • use football skills taught in a small sided games situation. <p>WILF:</p> <ul style="list-style-type: none"> • children to use the inside and outside of the foot to show control of the ball whilst dribbling. • children to mirror the attacker to give themselves the best chance to make a tackle. 	<p>WALT:</p> <ul style="list-style-type: none"> To maintain possession in Netball. <p>WILF:</p> <ul style="list-style-type: none"> • Targets up when receiving a pass. • Moving into space to give passer an option.&nbsp; • Catch the ball and pivot to look for a teammate in a better position. 	<p>WALT:</p> <ul style="list-style-type: none"> To shoot with accuracy. <p>WILF:</p> <ul style="list-style-type: none"> • A balanced stance with knees slightly bent before shooting. • Eye on the target. • Push the shot towards the target, extending arms.&nbsp; • Multiple steps when pivoting to scan where the best pass is. 	<p>WALT:</p> <ul style="list-style-type: none"> To use different throwing techniques in Dodgeball. <p>WILF:</p> <ul style="list-style-type: none"> • Correct use of underarm and overarm throwing technique. • Good evasion and movement to dodge.&nbsp; • Communication and teamwork when playing a game. 	<p>WALT:</p> <ul style="list-style-type: none"> To apply Dodgeball skills in gameplay. <p>WILF:</p> <ul style="list-style-type: none"> • Children to keep their heads and eyes up when making defensive moves. • Use agility and speed to evade thrown balls.&nbsp; • Mix up throwing techniques depending on where the opposing players are. 		
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Summer 1B - 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 2A - Dance- Space

Summer 2B - Striking & Fielding	<p>WALT:</p> <p>To learn basic rounders skills.</p> <p>WILF:</p> <ul style="list-style-type: none"> Use of the upper thigh or leg to support with collecting a ball rolling toward you. Hands cupped for scooping the ball safely.&nbsp; When batting, keep eyes on the ball and extend your arm towards the ball, following through on impact. 	<p>WALT:</p> <p>To use another type of striking (kicking) in Danish Longball.</p> <p>WILF:</p> <ul style="list-style-type: none"> The use of different parts of foot to strike the ball. Accurate throwing and kicking. Good teamwork and communication. 	<p>WALT:</p> <p>Use a Cricket bat to strike a ball.</p> <p>WILF:</p> <ul style="list-style-type: none"> Correct hand positioning on the bat. Cupped hands, ready to receive a hit or rolling ball.&nbsp; Good body awareness and use of legs to help field a rolling ball. Confident underarm and overarm throwing techniques. 	<p>WALT:</p> <p>To apply striking skills in a Rounders game.</p> <p>WILF:</p> <ul style="list-style-type: none"> Teamwork and communication when fielding. Targets up when receiving a throw or catching a hit ball. Bat held in dominant hand, keep eyes on the ball and try to make clean contact with the ball. 	<p>WALT:</p> <p>To utilise striking skills in game play.</p> <p>WILF:</p> <ul style="list-style-type: none"> The ability to react and run straight away after kicking to score points. Fielders to work together to try to get the strikers out. The use of passes between teammates when fielding. 	<p>WALT:</p> <p>To apply cricket skills into game situations.</p> <p>WILF:</p> <ul style="list-style-type: none"> Extend arm when throwing underarm and overarm. Push the cricket bat towards the ball when making contact. Keep eyes on the ball when getting ready to bat. When fielding, track the ball, cup hands and secure the ball safely. 		
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