



2024 - 2025 - Year 5

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Dance- Around the World	Invasion Games	Gymnastics	Multi Sports Term 1	Multi Skills	Handball
Topic B	World Sports	Netball	Hockey	Football	Athletics	Cricket



2024 - 2025 - Year 5

Medium Term Plan

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Autumn 1A - Dance- Around the World	<p>WALT:</p> <ul style="list-style-type: none"> To continue with the Around the World theme <p>WILF:</p> <ul style="list-style-type: none"> To learn how canon is developed within dance. To learn a set of different jumps and include them in our routine. 	<p>WALT:</p> <ul style="list-style-type: none"> To continue the theme of travel and develop the sequence further.&nbsp; To use travel within our movements. <p>WILF:</p> <ul style="list-style-type: none"> I am looking for travelling being used in different formations.&nbsp; I am looking for full engagement throughout the lesson. To discuss Chinese new year and the traditions that are used every year. 		<p>WALT:</p> <ul style="list-style-type: none"> To continue with the theme of around the world. To learn and develop an African dance sequence.&nbsp; To learn what improvisation is.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> To learn an African Dance section. To learn a new skill,&nbsp;Improvisation. To develop everything learnt so far into a sequence. 	<p>WALT:</p> <ul style="list-style-type: none"> To continue the theme of around the world.&nbsp; To learn about the rehearsal process.&nbsp; To rehearse the routine that we have been learning throughout the previous weeks. <p>WILF:</p> <ul style="list-style-type: none"> Learn 2 Skills:&nbsp; Rehearsal & Peer Feedback&nbsp; Rehearsing and showing all the skills and choreography they have learnt over the past 6 weeks. 		

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Autumn 2A - Invasion Games	<p>WALT:</p> <ul style="list-style-type: none"> Confidently pass the ball to teammates, stationary or whilst moving, and introduce changes of direction to one-handed dribbling. <p>WILF:</p> <ul style="list-style-type: none"> Confidence in passing the ball to a teammate stood in space, selecting the correct pass to increase chance of success. Confidence in dribbling the ball with one hand, changing direction while keeping control. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand and demonstrate the basic techniques of dribbling with a hockey stick. Develop accuracy and power in shooting. Apply dribbling and shooting skills in small-sided games. <p>WILF:</p> <ul style="list-style-type: none"> Ability to maintain control of the ball while moving. Hitting the target consistently when shooting. Using dribbling and shooting skills during the game. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand and execute correct passing technique. Understand the rules and technique for scoring tries <p>WILF:</p> <ul style="list-style-type: none"> Passes consistently reach the intended teammate without being intercepted or dropped. Pupils position themselves effectively to receive passes and advance towards the try line 	<p>WALT:</p> <ul style="list-style-type: none"> Understand the key principles of attacking and defending in Netball. <p>WILF:</p> <ul style="list-style-type: none"> Ability to use quick, sharp movements to create space while attacking. Demonstrating effective dodging, pivoting, and passing techniques. Applying correct defensive stance and footwork to mark an opponent. 	<p>WALT:</p> <ul style="list-style-type: none"> Use the correct technique for accurate and effective passing. Change direction and speed while maintaining control of the ball. <p>WILF:</p> <ul style="list-style-type: none"> Passes that reach the intended teammate without interception. Ability to change direction quickly while keeping the ball close. Using passing and dribbling to maintain possession and create scoring chances. 	<p>WALT:</p> <ul style="list-style-type: none"> Apply passing skills in small-sided handball games, understanding the flow and strategy of the game. <p>WILF:</p> <ul style="list-style-type: none"> Demonstrate correct handball passing techniques. Make precise passes that reach the intended teammate without interception. Apply passing skills effectively in various game scenarios, showing an understanding of when and where to pass. 			

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Autumn 2B - Netball	<p>WALT: Understand and execute different types of passes in netball, such as chest passes and bounce passes.&nbsp;</p> <p>WILF: • Passes reaching the intended target with minimal interception. • Correct speed and force depending on the distance.</p>	<p>WALT: Learn defensive techniques, including marking opponents, intercepting passes, and defending the goal circle. Develop strategies to maintain possession of the ball, such as moving into space, providing passing options, and protecting the ball from opponents.</p> <p>WILF: • Pupils know different strategies to maintain possession (e.g., passing, movement, shielding). • Effective communication with teammates to organize defense. • Using body positioning to intercept passes.</p>	<p>WALT: • Develop accurate shooting techniques in netball.</p> <p>WILF: • Correct shooting stance: feet shoulder-width apart, dominant foot slightly forward. • Correct hand positioning when shooting.&nbsp; • Consistent follow-through with hands and arms after releasing the ball.</p>	<p>WALT: • Understand the concept of travelling in netball.&nbsp;</p> <p>WILF: • Correct footwork and pivot techniques.&nbsp; • Demonstrate understanding by explaining the travelling rule in netball.</p>	<p>WALT: • Understand and demonstrate correct shooting technique. • Maintain possession under pressure through good decision-making and movement.</p> <p>WILF: • Ability to score from different angles. • Effective use of space and movement to retain possession. • Good communication with teammates to facilitate effective passing.</p>	<p>WALT: • Apply passing skills in small-sided games to enhance gameplay understanding.</p> <p>WILF: • Correct passing techniques.&nbsp; • &nbsp;Accurate and timely passes during small-sided games.</p>			

Spring 1A -
Gymnastics

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	
Spring 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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Spring 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 &nbsp; • 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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Spring 2B - Football	<p>WALT: Prove passing accuracy in football by using proper technique and precision.</p> <p>WILF: • Show understanding and execution of correct passing technique, including using the inside of the foot, proper body positioning, and follow-through. • Consistently pass the ball to a designated target with accuracy, aiming for specific targets or teammates.</p>	<p>WALT: • Develop control and coordination while dribbling the football.</p> <p>WILF: • Evidence of understanding the concept of close ball control and its importance in maintaining possession. • Being able to change direction at speed while controlling the football.&nbsp;</p>	<p>WALT: • Understand the principles of defending in football.</p> <p>WILF: • Communication and coordination with teammates to maintain defensive shape and cover spaces effectively.&nbsp; • Ability to anticipate the movements of attacking players and react accordingly.</p>	<p>WALT: • We are learning to improve our shooting skills in football by focusing on accuracy, power, and technique.</p> <p>WILF: • &nbsp;Pupils who can consistently aim and shoot the ball towards the target, aiming for the corners of the goal. • Demonstrate correct shooting technique, striking the ball with the correct part of the foot, and following through.&nbsp;</p>	<p>WALT: Pupils will refine their dribbling & passing skills, focusing on maintaining control of the ball while moving at different speeds and directions & passing with accuracy, pupils will also transfer skills learnt in previous lessons into game situations.&nbsp;</p> <p>WILF: • Pupils can dribble the ball with control and keep it close to their feet while changing direction and speed. • Pupils can perform both short and long passes with accuracy, ensuring the ball reaches the intended teammate. • Pupils demonstrate understanding of when and how to use dribbling and passing effectively in a basketball game situation.&nbsp;</p>	<p>WALT: • Recap and refine shooting skills in football, including accuracy, power, and technique.</p> <p>WILF: • Pupils can consistently aim and shoot towards the target (goal) with precision. • Pupils make effective decisions on when and where to shoot during gameplay.</p>			

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Summer 1A - 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. </p> <p>• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power. </p> <p>• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination. </p>	<p>WALT: • Develop advanced throwing and catching skills with accuracy and coordination. </p> <p>WILF: • Students can demonstrate proper throwing technique, including step, rotation and follow-through. </p> <p>• Students can adapt their throwing & catching techniques different game situations </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. </p> <p>WILF: • Execute explosive running movements with maximal effort and acceleration, focusing on sprint mechanics. </p> <p>• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power. </p> <p>• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination. </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. </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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Summer 1B - 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> <ul style="list-style-type: none"> Progress & practice 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; 			
Summer 2A - Handball	<p>WALT:</p> <ul style="list-style-type: none"> Understand and demonstrate the correct technique for passing a handball.&nbsp; <p>WILF:</p> <ul style="list-style-type: none"> Consistently passing the ball to a teammate without it being intercepted or going out of bounds. Demonstrating proper hand placement and follow-through for different types of passes. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand and practice the key concepts of maintaining possession in handball. <p>WILF:</p> <ul style="list-style-type: none"> Pupils should be actively moving to create space, making themselves available for passes, and supporting the ball carrier. &nbsp;Clear and effective communication between teammates, calling for the ball, and signaling intentions.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none"> Understand and practice the correct technique for shooting in handball. <p>WILF:</p> <ul style="list-style-type: none"> Correct shooting technique, Feet shoulder-width apart, Dominant foot slightly forward, Knees slightly bent.&nbsp; Consistently hitting the target area. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand the key principles and techniques of effective defending in handball. <p>WILF:</p> <ul style="list-style-type: none"> Effective marking: Staying close to the opponent, maintaining awareness of both the ball and the player being marked.&nbsp; Apply defensive skills such as positioning, marking, and intercepting. 	<p>WALT:</p> <ul style="list-style-type: none"> Apply passing and possession skills in small-sided handball games. <p>WILF:</p> <ul style="list-style-type: none"> Smart decision-making during the game to retain control and create scoring opportunities. Correct technique in hand position, stance, and follow-through. Good movement off the ball to create passing options. 	<p>WALT:</p> <ul style="list-style-type: none"> Use different types of passes appropriately depending on the game situation. <p>WILF:</p> <ul style="list-style-type: none"> Effective use of different passes during game play. Accurate and controlled passes reaching the intended teammate 			

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Summer 2B - 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. <p>Ability to generate pace and accuracy while maintaining control.</p>	<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. 			