



2024 - 2025 - Year 6

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Gymnastics	Dance- Musical Theatre	Dance- Musical Theatre	Dodgeball	Functional Fitness	Dodgeball
Topic B	Multi Sports Term 1	Multi Sports Term 2	Rugby	OAA	Athletics	Tennis



2024 - 2025 - Year 6

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none"> To learn and remember the nine gymnastic positions. 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. 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 excellent teamwork by creating a variety of partner balances based on the nine gymnastic positions that we will be learning. 	<p>WALT:</p> <ul style="list-style-type: none"> To travel in different ways on the floor and on level, or sloped balance beam. To dismount the balance beam by using a variety of jumps. <p>WILF:</p> <ul style="list-style-type: none"> To show safe and creative ways of moving from one 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 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 get closer to doing a range of different floor skills. To create and perform routines. To watch other routines to develop peer assessment skills. <p>WILF:</p> <ul style="list-style-type: none"> To take part in progressions, working towards different skills. To work together to create a routine that includes all your team members. To confidently perform your routine to the rest of the class. 	<p>WALT:</p> <ul style="list-style-type: none"> To perform a sequence of movements using a variety of different equipment. To use strength and coordination to safely climb up and down the climbing frame. <p>WILF:</p> <ul style="list-style-type: none"> To perform a sequence of movements using a variety of different equipment. To use strength and coordination to safely climb up and down the climbing frame. 	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1B - 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 2A - Dance- Musical Theatre	<p>WALT: • To introduce the theme of 'Theatre' • To engage fully in all activities throughout the class&nbsp;</p> <p>WILF: • To engage in and learn the choreography for The Greatest Showman. • To demonstrate an understanding of two terminology words.&nbsp;</p>	<p>WALT: • To recap the theme of 'Theatre'. • To learn the choreography of section 2 'Matilda'. • To learn two more terminology words.</p> <p>WILF: • 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.&nbsp; • To remember last weeks choreography and add onto with a new section.&nbsp;</p>	<p>WALT: • 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> <p>WILF: • To be able to recall the previous weeks choreography. • To remain focused and engaged throughout the entire session.</p>	<p>WALT: • Recap the theme of theatre. • Learning two key words to add to the groups of terminology words that we have already learnt.</p> <p>WILF: • Engagement and focus throughout the entire lesson.&nbsp; • Good recollection of the previous weeks choreography.</p>	<p>WALT: • To recall the previous weeks choreography. • To explore the uses of partner work and how to work effectively together.</p> <p>WILF: • 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.</p>	

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 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.
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&nbsp; <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.&nbsp; 	<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.&nbsp; • To remember last weeks choreography and add onto with a new section.&nbsp; 	<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.&nbsp; • 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. 	

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Spring 1B - Rugby	<p>WALT:</p> <ul style="list-style-type: none"> • Improve passing to a partner, stationary & dynamic. • Improve catching with two hands. <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. 	<p>WALT:</p> <ul style="list-style-type: none"> • 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"> • 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> <ul style="list-style-type: none"> • Practice the body position needed to make a successful tackle, without making contact with the opposition player. <p>WILF:</p> <ul style="list-style-type: none"> • Bending the knees to easily reach round the opponents waist for the tags. • Keep the head in a neutral position to see the opponents movement. 	<p>WALT:</p> <ul style="list-style-type: none"> • Kick the ball to different targets over different distances. <p>WILF:</p> <ul style="list-style-type: none"> • Learn the difference between the grubber & chip kick. • Practice kicking the ball different lengths by altering how far back the leg swings before contact. 	<p>WALT:</p> <ul style="list-style-type: none"> • Continue to improve passing, try scoring, tackling and defending techniques through activities & small sided games. <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 passing, try scoring, tackling and defending techniques through activities & small sided games. <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.
Spring 2A - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none"> • Develop accurate and powerful throwing techniques in dodgeball. <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate proper grip and stance for effective throws. • Use upper body strength and coordination to throw the ball with accuracy. • Understand the importance of targeting opponents and strategic throwing decisions. 	<p>WALT:</p> <ul style="list-style-type: none"> • Learn and practice dodging techniques to avoid getting hit. <p>WILF:</p> <ul style="list-style-type: none"> • Learn different types of dodges, such as side-stepping and ducking. • Apply quick reflexes and agility to evade incoming throws. • Understand how to read opponents' movements to anticipate throws and dodge effectively. 	<p>WALT:</p> <ul style="list-style-type: none"> • Focus on developing catching skills to eliminate opponents and protect the team. <p>WILF:</p> <ul style="list-style-type: none"> • Practice hand-eye coordination for successful catches. • Understand the importance of positioning and timing when attempting a catch. • Learn how to cushion the impact of the ball when catching to prevent dropping it. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine throwing techniques and apply them in game situations <p>WILF:</p> <ul style="list-style-type: none"> • Demonstrate improved throwing accuracy and consistency. • Use varying throwing angles and speeds to surprise opponents. • Understand the concept of teamwork and coordinated throws to eliminate opponents strategically. 	<p>WALT:</p> <ul style="list-style-type: none"> • Build upon dodging skills and incorporate advanced evasive maneuvers. <p>WILF:</p> <ul style="list-style-type: none"> • Execute dodges in different directions to confuse opponents. • Combine quick footwork with body movements for effective dodging. • Develop a sense of spatial awareness to navigate the playing area while dodging. 	<p>WALT:</p> <ul style="list-style-type: none"> • Enhance catching abilities and apply them in dynamic game scenarios. <p>WILF:</p> <ul style="list-style-type: none"> • Consistently catch incoming throws from various angles and speeds. • Practice quick decision-making on whether to catch or dodge. • Understand the concept of using catches to bring eliminated teammates back into the game.

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Spring 2B - OAA	<p>WALT:</p> <ul style="list-style-type: none"> Understand the concept of a map or plan. Be able to successfully locate markers. <p>WILF:</p> <ul style="list-style-type: none"> Be able to identify key parts of the map such as buildings and trees to help them work out where they are and where they're going. 	<p>WALT:</p> <ul style="list-style-type: none"> Identify problems of different scales and what is needed to solve them. <p>WILF:</p> <ul style="list-style-type: none"> Be able to communicate as a team and work out what resources are needed to solve the problem. 	<p>WALT:</p> <ul style="list-style-type: none"> Learn when to support and lead others. <p>WILF:</p> <ul style="list-style-type: none"> Learn to work in teams to decide what approach to use to meet challenges. 	<p>WALT:</p> <ul style="list-style-type: none"> Gain more knowledge on how to read maps. To think quickly in order to create different actions. <p>WILF:</p> <ul style="list-style-type: none"> To orientate themselves and move with increasing knowledge, confidence and accuracy. 	<p>WALT:</p> <ul style="list-style-type: none"> Cooperative learning and working together in a team. <p>WILF:</p> <ul style="list-style-type: none"> Learn to trust each other and develop both verbal and non verbal communication between peers. 	<p>WALT:</p> <ul style="list-style-type: none"> Understand the importance of leadership. <p>WILF:</p> <ul style="list-style-type: none"> Be able to take a leadership role to effectively help your peers in a constructive way.
Summer 1A - 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).&nbsp;&nbsp;&nbsp; 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).&nbsp;&nbsp;&nbsp; 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>
Summer 1B - 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 &nbsp;&nbsp; long distance running techniques through different activities. <p>WILF:</p> <p>An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>	<p>WALT:</p> <ul style="list-style-type: none"> Continue to improve sprinting, jumping, throwing &nbsp;&nbsp; long distance running techniques through different activities. <p>WILF:</p> <p>An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>

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Summer 2A - Dodgeball	<p>WALT: • Develop accurate and powerful throwing techniques in dodgeball.</p> <p>WILF: • Demonstrate proper grip and stance for effective throws. • Use upper body strength and coordination to throw the ball with accuracy. • Understand the importance of targeting opponents and strategic throwing decisions.</p>	<p>WALT: • Learn and practice dodging techniques to avoid getting hit.</p> <p>WILF: • Learn different types of dodges, such as side-stepping and ducking. • Apply quick reflexes and agility to evade incoming throws. • Understand how to read opponents' movements to anticipate throws and dodge effectively.</p>	<p>WALT: • Focus on developing catching skills to eliminate opponents and protect the team.</p> <p>WILF: • Practice hand-eye coordination for successful catches. • Understand the importance of positioning and timing when attempting a catch. • Learn how to cushion the impact of the ball when catching to prevent dropping it.</p>	<p>WALT: Refine throwing techniques and apply them in game situations</p> <p>WILF: • Demonstrate improved throwing accuracy and consistency. • Use varying throwing angles and speeds to surprise opponents. • Understand the concept of teamwork and coordinated throws to eliminate opponents strategically.</p>	<p>WALT: • Build upon dodging skills and incorporate advanced evasive maneuvers.</p> <p>WILF: • Execute dodges in different directions to confuse opponents. • Combine quick footwork with body movements for effective dodging. • Develop a sense of spatial awareness to navigate the playing area while dodging.</p>	<p>WALT: • Enhance catching abilities and apply them in dynamic game scenarios.</p> <p>WILF: • Consistently catch incoming throws from various angles and speeds. • Practice quick decision-making on whether to catch or dodge. • Understand the concept of using catches to bring eliminated teammates back into the game.</p>
Summer 2B - Tennis	<p>WALT: Be able to control the ball while moving around. Begin to bounce the ball to another person.</p> <p>WILF: Begin to move around the area while bouncing the ball on your racket.&nbsp; Be able to bounce the ball using your racket to someone else with control.</p>	<p>WALT: Be able to hit the ball over a net. Be able to keep a rally going.</p> <p>WILF: Successfully hit the ball over a net using the forehand pass. Be able to hit the ball back and forth several times between a partner.</p>	<p>WALT: Learn how to correctly perform the backhand serve.</p> <p>WILF: Be able to make correct decisions on when to use a backhand or forehand hit. Learn to slightly turn the body when hitting a backhand shot.</p>	<p>WALT: • Be able to control where we hit the ball. • Learn how to correctly serve the ball.</p> <p>WILF: • Begin to hit the ball in different directions when playing a game of tennis. • Be able to bounce the ball and serve it diagonally.</p>	<p>WALT: • Be able to keep a rally going in a game.</p> <p>WILF: • Be able to hit the ball without losing control between yourselves and a partner.</p>	<p>WALT: • Recap previously learnt skills, such as forehand, backhand and volley.</p> <p>WILF: • Show an improvement on all skills learnt and be able to perform them all successfully</p>