



September 2025/26 - Year 6

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Dance- Musical Theatre	Cricket	Handball	Dodgeball	Invasion Games	Tennis
Topic B	Netball	Hockey	Gymnastics	Handball	OAA	Athletics



September 2025/26 - Year 6

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Autumn 1A - Dance- Musical Theatre	WALT: • To introduce the theme of 'Theatre' • To engage fully in all activities throughout the class • To learn choreography for section 1 - The Greatest Showman. • To learn how unison and repetition can be effective in dance. WILF: • To engage in and learn the choreography for The Greatest Showman. • To demonstrate an understanding of two terminology words	WALT: • To recap the theme of 'Theatre'. • To learn the choreography of section 2 - 'Matilda'. • To be able to add characterisation within the dance. 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 • To remember last weeks choreography and add onto with a new section	WALT: • To add section 3 to the whole routine - Hairspray. • To recap the previous two weeks choreography. • To understand and learn how to dance in different formations. • To have a deep understanding of how to include canon within a dance routine. WILF: • To be able to recall the previous weeks choreography. • To remain focused and engaged throughout the entire session. • To be able to show excellent knowledge of the skill formations. • to be able to show excellent knowledge of the skill canon.	WALT: • Recap the theme of theatre. • To learn choreography for section 4 - Lion King. • To learn how different levels can improve our dance. WILF: • Engagement and focus throughout the entire lesson • Good recollection of the previous weeks choreography.	WALT: • To recall the previous week's choreography. • To learn choreography for the final section - Shrek • To explore the uses of partner work and how to work effectively together. 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.		

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Autumn 1B - Netball	WALT: Learn how to correctly perform the bounce and chest pass. Understand when to use different passes in different scenarios. WILF: Accurately perform a bounce pass to a partner, bouncing it in the middle so they can successfully receive it. Show an understanding on when to use an overhead pass.	WALT: • Learn basic defending tactics. • Be able to put tactics into place to help keep possession of the ball. WILF: • Understand the importance of marking players on the other team. • Be able to find a space quickly to allow the teammate with the ball to have as many options as possible and be less likely to have the ball intercepted.	WALT: Learn how to hold the ball correctly when shooting. Be able to shoot from different angles. WILF: Be able to hold the ball with one hand on the side and one hand on the back to produce an accurate shot. Practise shooting from in front of the net and also from either side.	WALT: • Learn basic netball rules and apply them into a gaming situation. WILF: • Understand moving with the ball is not allowed but you can pivot to find a teammate in a space.	WALT: • Understand why communication is important. • Recap skills learnt in the past four weeks. WILF: • Use communication successfully in a game situation when passing to teammates. • Show an improvement on passing, shooting, attacking and defending skills.	WALT: • Continue to improve passing, travelling, possession, shooting & defending techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	
Autumn 2A - Cricket	WALT: • Begin to learn how to bowl the ball correctly. WILF: Keep bowling arm straight during delivery. Brush the ear with the bowling arm during the release. Step through toward the target when releasing the ball.	WALT: Be able to hit the ball consistently. Understand how to stand correctly when hitting the ball. WILF: Understand where to hit the ball to score the most runs. Stand with the weaker foot closest to the bowler to allow for a clean swing.	WALT: • Catch the ball consistently when fielding using a variety of techniques. WILF: Be able to put rules into a gaming situation. Understand what catching technique to use depending on how the ball is approaching.	WALT: • Bowl accurately and consistently. WILF: Use the correct overarm throwing technique to bowl. Be able to bowl with a small run up for power.	WALT: Learn tactics that can be used in a game. Be able to hit the ball accurately. WILF: Understand why hitting the ball close to the floor is important. Be able to successfully hit the ball into an open space minimising the chances of it being caught.	WALT: Be able to work together as a team successfully. WILF: Show good communication skills as a fielding team, such as moving forwards or backwards depending on where the ball could get hit.	

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Autumn 2B - Hockey	WALT: • Learn how to dribble successfully. • Begin to learn rules about the game WILF: • Be able to dribble the ball close to the hockey stick and use both sides of the stick to gain more control. • Understand that only one defender can be on an attacker at a time.	WALT: • To be able to perform basic passing and receiving techniques. • Be able to propel the ball to a teammate in order to outwit an opponent. WILF: • Be able to accurately perform the push pass to a partner. • Perform accurate passing techniques under pressure of a game.	WALT: • To develop both offensive and defensive skills. • Begin to understand how to intercept the ball in a game. WILF: • To be able to put offensive and defensive skills into a game-like setting. • Show attempts to intercept the ball from the other team by always moving and defending another player.	WALT: To develop their understanding and knowledge of how to shoot correctly and safely WILF: • To perform and accurately replicate the correct techniques to shoot a ball.	WALT: • Continue to improve passing, possession, shooting and defending techniques through activities & small sided games. WILF: • Successfully complete 5 passes in a row as a team without losing possession of the ball. • Perform push passes accurately to a teammate to gain a large advantage towards a goal.	WALT: • Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	
Spring 1A - Handball	WALT: • Be able to pass the ball in different ways. • Improve catching skills. WILF: • Be able to successfully perform both chest pass and bounce pass. • Demonstrate the ability to catch the ball with two hands.	WALT: • Understand the difference between the types of throws. • Begin to understand basic handball rules. WILF: • Learn when to use different passes in different situations to be able to keep possession of the ball. • Be able to name a rule that is in place in handball.	WALT: • Learn how to shoot in different ways.&nbsp; • Understand why it is important to move the ball quickly. WILF: • Learn how to make a jump shot. • Learn to quickly find a space so the teammate with the ball can pass as fast as possible.	WALT: Understand the importance of marking your opponents. WILF: • Learn how to successfully mark the other team to reduce the chances of them making a successful pass.	WALT: • Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	WALT: • Continue to improve passing, possession, shooting and defending techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	

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Spring 1B - Gymnastics	WALT: • To learn and remember the nine gymnastic positions.&nbsp; • To perform a selection of these shapes as jumps. WILF: • 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.	WALT: • Develop our balance. • Learn nine different gymnastics balances. • Create a variety of partner balances. WILF: • To show a 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;	WALT: • 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. WILF: • 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.	WALT: • 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. WILF: • 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.		WALT: • 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. WILF: • 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.	

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Spring 2A - Dodgeball	WALT: • Develop accurate and powerful throwing techniques in dodgeball. 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.	WALT: • Learn and practice dodging techniques to avoid getting hit. 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.	WALT: • Focus on developing catching skills to eliminate opponents and protect the team. 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.	WALT: Refine throwing techniques and apply them in game situations 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.	WALT: • Build upon dodging skills and incorporate advanced evasive maneuvers. 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.	WALT: • Enhance catching abilities and apply them in dynamic game scenarios. 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.	
Spring 2B - Handball	WALT: • Be able to pass the ball in different ways. • Improve catching skills. WILF: • Be able to successfully perform both chest pass and bounce pass. • Demonstrate the ability to catch the ball with two hands.	WALT: • Understand the difference between the types of throws. • Begin to understand basic handball rules. WILF: • Learn when to use different passes in different situations to be able to keep possession of the ball. • Be able to name a rule that is in place in handball.	WALT: • Learn how to shoot in different ways.&nbsp; • Understand why it is important to move the ball quickly. WILF: • Learn how to make a jump shot. • Learn to quickly find a space so the teammate with the ball can pass as fast as possible.	WALT: Understand the importance of marking your opponents. WILF: • Learn how to successfully mark the other team to reduce the chances of them making a successful pass.	WALT: • Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games. WILF: • An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	WALT: • Continue to improve passing, possession, shooting and defending techniques through activities & small sided games. WILF: An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	

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Summer 1A - Invasion Games	WALT: - Consistently pass the ball to teammates stood different distances away, and dribble the ball in different directions confidently. WILF: - Demonstrate the confidence and competence to pass, dribble and change direction in small sided games. - Demonstrate tactical understanding during the games, passing to the correct teammates & shooting at the correct time.	WALT: - Use a push shot to score goals. WILF: - Correct grip on the hockey stick. - A balanced stance whilst static or when dribbling.	WALT: - Pass, score and evade in Rugby game scenarios. WILF: - Grip the ball with two hands. - Pass the rugby ball from the pocket, extending the arms towards a target. - Place the ball down on the ground to score a try.	WALT: Catch the netball confidently, allowing phases of quick passing and shooting. WILF: - Internal rotation of the wrists when performing a chest pass. - Use bounce passes to find teammates in space when a chest pass is not available to play.	WALT: - Use the correct shooting technique to score goals. WILF: - Striking the ball with dominant foot, following through with the leg towards the intended target. - Use of the inside of the foot to place a shot. - Use of the laces or top of the foot to strike the ball with power.	WALT: - To use a variety of shots in Handball. WILF: - Perform a jump shot. - Perform a variety of passes. - Use triple extension through extension of the hips, knees and ankles.	
Summer 1B - OAA	WALT: - Understand the concept of a map or plan. - Be able to successfully locate markers. WILF: - 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.	WALT: - Identify problems of different scales and what is needed to solve them. WILF: - Be able to communicate as a team and work out what resources are needed to solve the problem.	WALT: - Learn when to support and lead others. WILF: - Learn to work in teams to decide what approach to use to meet challenges.	WALT: - Gain more knowledge on how to read maps. - To think quickly in order to create different actions. WILF: - To orientate themselves and move with increasing knowledge, confidence and accuracy.	WALT: - Cooperative learning and working together in a team. WILF: - Learn to trust each other and develop both verbal and non verbal communication between peers.	WALT: - Understand the importance of leadership. WILF: - Be able to take a leadership role to effectively help your peers in a constructive way.	

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Summer 2A - Tennis	WALT: Be able to control the ball while moving around. Begin to bounce the ball to another person. 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.	WALT: Be able to hit the ball over a net. Be able to keep a rally going. 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.	WALT: Learn how to correctly perform the backhand serve. 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.	WALT: • Be able to control where we hit the ball. • Learn how to correctly serve the ball. 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.	WALT: • Be able to keep a rally going in a game. WILF: • Be able to hit the ball without losing control between yourselves and a partner.	WALT: • Recap previously learnt skills, such as forehand, backhand and volley. WILF: • Show an improvement on all skills learnt and be able to perform them all successfully	
Summer 2B - Athletics	WALT: • Understand how to generate power. • Understand what happens to their body when running. WILF: • Learn how to push off the back foot when in a standing position to create power for sprints. • Maintain a low body position when generating running power.	WALT: • Understand how the body moves when jumping • Be able to complete all jumps with control. WILF: • 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.	WALT: • To throw in varying ways for both distance and accuracy. WILF: • 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. • Be able to demonstrate the correct grip and placement when throwing a discus. • Discuss triple extension and the concept of applying pressure through the ankle, knees and hips to produce more power which should increase distance. • Throw under and overarm for accuracy.	WALT: • Understand the term 'pacing' and how to apply it to a longer distance run. WILF: • Children to find a steady and consistent pace during longer runs. • Children to understand how to regulate their breathing. • Children to build resilience.	WALT: • Continue to improve sprinting, jumping, throwing & long distance running techniques through different activities. WILF: An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	WALT: • Continue to improve sprinting, jumping, throwing & long distance running techniques through different activities. WILF: An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	