



September 2025/26 - Year 3

Long Term Plan

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



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Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Autumn 1A - Dance- Space	WALT: • To understand what the word unison means and how it is applied in dance. • To introduce the theme of space and start to explore it in detail. WILF: • To show focus and engagement throughout the lesson. • To show an understanding of how to use unison within a creative activity.	WALT: • To understand the meaning of cannon in dance and how it is used. • To understand dance sequences and how they can be created within the lesson. WILF: • To understand basic rhythm and how counts within dance are used. WILF: • To explore and demonstrate the use of cannon when working together in small groups. • To create short dance sequences in groups or pairs that link to the theme of space. • To practice basic rhythms as a class and then apply the rhythm practice to any independent work within the class.	WALT: • To explore different levels and how they can be used within our space dance. • To explore different types of jumps and how we jump safely. WILF: • To use different levels within the choreography and explore how different levels can change the dynamics of a dance. • To demonstrate jumping safely both whilst practicing and performing.	WALT: • To understand the meaning of the term formation and how it can be applied to the current dance routine. • To work on developing short sequences within groups. WILF: • To show an understanding of how different formations can be used to change the overall dynamics of a dance. • To show excellent teamwork when choreographing sequences within the group.	WALT: • We are learning to throw shapes with a partner. • We are learning to develop our understanding of the skill improvisation and how we can include it within dance. WILF: • I am looking for you to create a phrase of throwing shapes. • I am looking for you to work well with a partner. • I am looking for you to do your own improvisation.	WALT: • We are learning to use rehearsal time. • We are aiming for a small performance of our dance piece. • We are learning how to evaluate our own work and the work of our peers. WILF: • I am looking for you to use rehearsal time productively. • I am looking for focus throughout the lesson and active participation in the end performance.		

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Autumn 1B - Fundamental Movement Skills	WALT: • Refine running technique and introduce basic sprinting skills. WILF: • 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;	WALT: • Refine jumping technique and introduce basic plyometric exercises.&nbsp; WILF: • 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;	WALT: • Learn coordination skills and introduce more complex movement patterns. WILF: • Perform more complex locomotor movements with coordination, such as galloping or jumping jacks.&nbsp; • Demonstrate improved coordination between upper and lower body movements.&nbsp;	WALT: • Refine static balance skills and introduce dynamic balance activities.&nbsp; WILF: • 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;	WALT: • Refine agility skills and introduce more complex movement patterns. WILF: • 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;	WALT: • Refine throwing and catching skills and introduce more complex techniques. WILF: • 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).		

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Autumn 2A - Gymnastics	WALT: • To learn and remember the seven gymnastic positions. • 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. • To be able to correctly perform some of the above positions as jumps.	WALT: • Develop our balance. • Learn five different gymnastics balances. • Create a variety of partner balances. WILF: • Develop our balance. • Learn five different gymnastics balances. • Create a variety of partner balances.	WALT: • To travel in different ways on the floor and on level, or&#160;sloped balance beam. • To dismount the balance beam by using a variety of&#160;jumps. WILF: • To show safe and creative ways of moving from one&#160;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&#160;technique and showing a good landing shape.	WALT: • To learn and take part in drills which will help us&#160;get closer to doing a range of different floor skills. • To create and perform routines. • To watch other routines to develop peer assessment&#160;skills. WILF: • To take part in progressions, working towards&#160;different skills. • To work together to create a routine that&#160;includes all your team members. • To confidently perform your routine to the rest&#160;of the class.	WALT: • Perform a variety of different vaults. • Use different methods of travelling and balance from&#160;previous lessons. WILF: • To show safe mounting and dismounting of the vaults. • To travel up benches using balance to do it&#160;without falling off. • To jump off the vaults and&#160;land safely and&#160;correctly.	WALT: • To perform a sequence of movements using a variety of&#160;different equipment. • To&#160;use strength and coordination to safely climb up and&#160;down the climbing frame. WILF: • To perform different skills and movements one&#160;after another to create a sequence. • To use all the skills from previous lessons&#160;shapes, jumps, balance, travelling, beam, and&#160;vault skills. • To climb up and down the climbing frame&#160;following all the rules.		

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Autumn 2B - Multi Skills	WALT: • Introduce coordinated running and jumping techniques to develop agility and athleticism. WILF: • 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;	WALT: • Introduce advanced throwing and catching techniques to enhance accuracy and coordination. WILF: • 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;	WALT: • Introduce bowling & fielding to develop hand-eye coordination. WILF: • A basic understanding of bowling at differing height/distance targets. • A basic understanding of how to retrieve a ball and return to the bowler.	WALT: • Refine running and jumping techniques and introduce basic variations. WILF: • 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;	WALT: • Develop power and distance in throwing for improved athletic performance.&nbsp;&nbsp; WILF: • 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.	WALT: • Introduce batting & fielding to develop hand-eye coordination. WILF: • 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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Spring 1A - Functional Fitness	WALT: - Enhance speed and agility through purposeful practice and skill refinement. WILF: - Perform agility drills with increased speed and accuracy.&nbsp; - Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively.&nbsp; - Demonstrate improved reaction time to auditory and visual cues during movement tasks.&nbsp;	WALT: - Introduce dynamic movements to enhance power and explosiveness. WILF: - Perform explosive movements such as jump squats and broad jumps with control.&nbsp; - Generate power through coordinated movements and full-body engagement.&nbsp; - Participate in partner activities requiring coordination and timing.&nbsp;	WALT: - Introduce circuit training to improve overall endurance and stamina. WILF: - Complete circuits consisting of various exercises with minimal rest between stations.&nbsp; - Sustain effort and intensity throughout the entire circuit.&nbsp; - Participate in partner or team-based circuit challenges to foster camaraderie and motivation.&nbsp;	WALT: - Progress & practice enhancing speed and agility through purposeful practice and skill refinement. WILF: - Continue to perform agility drills with increased speed and accuracy.&nbsp; - Utilise various movement patterns (e.g., side shuffles, crossover steps) effectively.&nbsp; - Demonstrate improved reaction time to auditory and visual cues during movement tasks.&nbsp;	WALT: - Progress & practice dynamic movements to enhance power and explosiveness. WILF: - Continue to perform explosive movements such as jump squats and broad jumps with control.&nbsp; - Generate power through coordinated movements and full-body engagement.&nbsp; - Participate in partner activities requiring coordination and timing.	WALT: - Progress & practice activities included in a circuit, to improve overall endurance and stamina.&nbsp; WILF: - Continue to complete circuits consisting of various exercises with minimal rest between stations.&nbsp; - Sustain effort and intensity throughout the entire circuit.&nbsp; - Participate in partner or team-based circuit challenges to foster camaraderie and motivation.		
Spring 1B - Multi Sports Term 1	WALT: - Develop better dribbling skills with changes in direction.&nbsp; - Develop passing skills further.&nbsp; WILF: - Ability to dribble with control & changing direction smoothly.&nbsp; - Use both feet to pass the ball&nbsp;	WALT: - use football skills taught in a small sided games situation. WILF: - 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.	WALT: - To maintain possession in Netball. WILF: - 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.	WALT: - To shoot with accuracy. WILF: - 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.	WALT: - To use different throwing techniques in Dodgeball. WILF: - Correct use of underarm and overarm throwing technique. - Good evasion and movement to dodge.&nbsp; - Communication and teamwork when playing a game.	WALT: - To apply Dodgeball skills in gameplay. WILF: - 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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Spring 2A - Invasion Games	WALT: • Increase confidence & understanding of when & how is best to throw when a target is moving in different directions. WILF: • 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.	WALT: • Dribble the ball over short distances, and hit the ball using a push shot, with varied levels of success. WILF: • 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.	WALT: • Develop basic attacking skills including running with the ball and evading defenders. • Understand the rules and objectives of scoring a try in rugby. WILF: • Pupils demonstrating a clear understanding of how to score a try, including grounding the ball correctly on the try line. • Pupils using agility and evasion techniques to bypass defenders.	WALT: • Use passing and shooting skills in a game setting. WILF: • Passes are accurate and reach the intended teammate. • Shots are aimed accurately at the goal. • Effective use of passing and shooting under game conditions.	WALT: • Work together in small-sided games to apply passing and shooting skills effectively. WILF: • Pupils can pass the ball to a teammate with control. • Pupils can shoot with power and accuracy.	WALT: • Developing handball skills to apply skills into game situations. WILF: • Pupils demonstrate the ability to pass the ball accurately to a teammate. • Pupils can shoot the ball towards the goal using correct form. • Pupils can apply skills learnt in the lesson to game situations.		
Spring 2B - Dodgeball	WALT: • Throw a ball accurately towards a target • Understand the basic rules of dodgeball WILF: - Correct overarm or underarm throwing technique - Aiming at a target with control - Participation in game scenarios with some understanding of the rules	WALT: • Improve the power and accuracy of throws WILF: - Using whole-body movement to generate power (e.g., stepping into the throw) - Aiming for specific areas of the opponent's body (below shoulders) - Accuracy improving in short and longer throws	WALT: • Dodge balls effectively during gameplay WILF: - Quick reflexes to avoid balls thrown by opponents - Using side steps, jumps, and ducks to dodge - Ability to read the game and anticipate throws	WALT: - Catch a ball safely during gameplay - Combine dodging and catching techniques WILF: - Correct catching technique (eyes on the ball, hands out in front) - Timing of dodging and catching - Awareness of when to dodge versus when to attempt a catch	WALT: • Make quick decisions on whether to dodge, catch, or throw WILF: - Smart decision-making based on game situation - Effective teamwork, communicating with peers - Combining skills learned (throwing, dodging, catching) in game scenarios	WALT: • Apply throwing, dodging, and catching skills in a competitive game WILF: - Display control, accuracy, and power in throws - Use dodging and catching skills under pressure		

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Summer 1A - OAA	WALT: • Introduce orienteering and the concept of position and direction. WILF: • Understand the cardinal compass points.	WALT: • To introduce activities that require problem solving skills. WILF: • Communication among peers. • Strategy and planning.	WALT: • Work as a team to achieve a goal. WILF: • Communication and leadership skills.	WALT: • Build on orienteering skills previously learned. WILF: • Knowledge of cardinal points and correct use with regards to position and direction.	WALT: • Use problem solving skills in practice. WILF: • Team work, communication and strategy.	WALT: • Work as a team to succeed in a common goal. WILF: • Good communication. • Team effort and encouragement.		
Summer 1B - Athletics	WALT: • Develop sprinting techniques such as stride length and frequency.&nbsp; • Practice sprinting over short distances with proper form.&nbsp; WILF: • Demonstration of improved stride length and frequency.&nbsp; • Consistent use of proper sprinting form (e.g., driving knees, pumping arms).	WALT: • 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. WILF: • 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;	WALT: • Explore different types of throws, including overarm and underarm throws.&nbsp; • Develop throwing strategies to achieve greater distance or accuracy.&nbsp; WILF: • 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;	WALT: • Explore different long-distance running techniques.&nbsp; • Understand the concept of pacing and race strategy.&nbsp; WILF: • Mastery of basic long-distance running techniques.&nbsp; • Demonstrated understanding of pacing and the ability to adjust speed accordingly.	WALT: • Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; WILF: • An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;&nbsp;	WALT: • Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities. WILF: • An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;		

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Summer 2A - World Sports	WALT: • Understand the basic rules and objectives of Kabaddi. WILF: • Recall the basic rules of Kabaddi. • Identify the roles of the raider and defender. • Participate in simple Kabaddi games with appropriate tag techniques.	WALT: • Build on Kabaddi skills by enhancing raiding and defending techniques. WILF: • Improve stamina by maintaining a successful raid for a longer duration. Apply learned tagging techniques in more complex scenarios. Demonstrate increased confidence in both raiding and defending.	WALT: • Learn the fundamental skills of Volleyball. WILF: • 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.	WALT: • Develop consistency and confidence in Volleyball basic skills. WILF: • • 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.	WALT: • Understand the basic rules and objectives of Danish Longball. WILF: • • 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.	WALT: • Improve batting and fielding consistency in Danish Longball. WILF: • • 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.	WALT: • Learn the basic rules and skills of Ultimate Frisbee. WILF: • • 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.	WALT: • Enhance Frisbee throwing and catching skills in different game scenarios. WILF: • • 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.
	Summer 2B - Striking & Fielding	WALT: To learn basic rounders skills. WILF: • Use of the upper thigh or leg to support with collecting a ball rolling toward you. • Hands cupped for scooping the ball safely. • When batting, keep eyes on the ball and extend your arm towards the ball, following through on impact.	WALT: To use another type of striking (kicking) in Danish Longball. WILF: • The use of different parts of foot to strike the ball. • Accurate throwing and kicking. • Good teamwork and communication.	WALT: Use a Cricket bat to strike a ball. WILF: • Correct hand positioning on the bat. • Cupped hands, ready to receive a hit or rolling ball. • Good body awareness and use of legs to help field a rolling ball. • Confident underarm and overarm throwing techniques.	WALT: To apply striking skills in a Rounders game. WILF: • 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.	WALT: To utilise striking skills in game play. WILF: • 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.	WALT: To apply cricket skills into game situations. WILF: • 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.	