



September 2025/26 - Year 4

Long Term Plan

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



September 2025/26 - Year 4

Medium Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Autumn 1A - Dance- Street Dance	WALT: • To understand the meaning of unison and how it is used in dance. • To understand what freeze frames are and how this can improve our routine. WILF: • To show focus and engagement throughout the lesson. • To show how to use unison within a creative task in both groups and pairs.	WALT: • We are learning to understand canon and how this can be an effective way to improve our dance. • We are learning to use repetition and how this skill can work well within the routine. WILF: • I am looking for you to use canon in your performance. • I am looking for you to include repetition within the dance. • I am looking for you to work well as a team and rehearse choreography learnt in the previous session.	WALT: • We are learning to continue to use canon following from last session and deepen our understanding of the skill. • We are learning different types of rhythm in dance and how to apply it to our dance routine. • We are learning how to show excellent teamwork to make the most of rehearsal time. WILF: • Excellent engagement throughout the entire class for all activities. • To apply canon within our dance and add more to the dance routine. • To have a good understanding of different types of rhythms.	WALT: • To continue the theme of street dance. • To continue learning and developing our rhythms from last session. • To learn what throwing shapes are. • To use the skill throwing shapes and develop a short phrase with a partner. WILF: • To demonstrate good knowledge of how to use the skill throwing shapes within a routine. • To be fully engaged throughout the lesson. • To apply our understanding of rhythms learnt from last session to our dance.	WALT: • To continue developing the choreography for the routine we have been working on in the previous weeks. • To learn what 'mirroring' is and how it can be used in dance. • To learn what improvisation is and how it can be used in dance. WILF: • To show full engagement throughout the entire lesson. • To show a good knowledge of the previous routine. • To develop ideas to mirror within a group task. • To show a good knowledge of the skill improvisation.	WALT: • To create ending sections for the group routine that we have been working on. • To develop performance skills during our rehearsals today. • To evaluate our own work as well as the work of our peers. WILF: • To show engagement throughout the entire lesson. • To practice show the progression of performance skills.		

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Autumn 1B - Striking & Fielding	WALT: • Understand the basic rules and skills of rounders. WILF: • Demonstrate proper batting stance and hitting technique. • Understand the concept of bases and running between them. • Apply fielding techniques, such as catching and throwing accurately.	WALT: • Learn the rules and strategies of Danish Longball. WILF: • Demonstrate effective throwing and catching skills. • Understand how to avoid being tagged out and the importance of team communication. • Apply offensive strategies to advance and score runs.	WALT: • Introduce the fundamental concepts of cricket. WILF: • Exhibit improved batting technique and aiming for better hits. • Apply strategic running between bases and decision-making when to run or stay. • Demonstrate improved fielding techniques, including accurate throws and teamwork.	WALT: • Build upon rounders skills and understanding. WILF: • Exhibit improved batting technique and aiming for better hits. • Apply strategic running between bases and decision-making when to run or stay. • Demonstrate improved fielding techniques, including accurate throws and teamwork.	WALT: • Enhance Danish long ball skills and tactics. WILF: • Showcase more accurate throwing and catching abilities. • Employ advanced evasive maneuvers to avoid being tagged. • Develop offensive strategies and team coordination for successful runs.	WALT: • Deepen the understanding of cricket strategies and gameplay. WILF: • Apply advanced batting techniques, including shot selection and placement. • Explore bowling variations and tactics to deceive the batsman. • Understand the importance of strategic field placements and communication.		

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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. To understand how we jump safely and land correctly. ; 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 balance	WALT: 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. WILF: 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.	WALT: 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. • To add jumps into the end of the floor routines WILF: 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.	WALT: • Perform a variety of different vaults. • Use different methods of travelling and balance from previous lessons. • To explore different ways to get onto the vault and then to dismount the vault. WILF: • To show safe and creative mounting and dismounting of the vaults. • To travel up benches using balance to do it without falling off. • To jump off the vaults and land safely and correctly.	WALT: • 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. WILF: • To perform different skills and movements one after another to create a sequence. • To use all the skills from previous lessons ; shapes, jumps, balance, travelling, beam, and vault skills. • To climb up and down the climbing frame following all the rules.		

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Autumn 2B - Multi Sports Term 1	WALT: Enhance dribbling speed while maintaining control. Enhance passing accuracy with both feet. WILF: Maintain control of the ball while dribbling at varying speeds. Accurate passing with both feet.	WALT: • Be able to shoot accurately. • Learn how to defend the opposing team successfully. WILF: • Demonstrate the ability to shoot at different places in the goal to avoid the goalkeeper. • Be able to mark other players while also keeping your eye on the ball.	WALT: Learn to pass in different ways. Be able to make decisions quickly about what kind of pass is best. WILF: Be able to perform both bounce and chest pass accurately with correct technique. Be able to plan passes meaning to keep possession of the ball.	WALT: Be able to shoot at a goal. Understand how to correctly pivot and when to use it. WILF: Accurately be able to shoot the ball into&nbsp;target from different distances. Be able to leave one foot on the floor and rotate around to see if there are a	WALT: Learn how to dodge a ball coming towards you. Understand the rules of dodgeball. WILF: Demonstrate the ability to stay on their toes to quickly move and avoid a ball. Be able to follow the dodgeball rules and any safety instructions given.	WALT: Learn which balls are the correct ones to try catch. Be able to throw the ball accurately. 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.		

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Spring 1A - World Sports	WALT: • Develop team strategies and improve Kabaddi skills. WILF: • Demonstrate effective raiding and defending techniques. • Work with teammates to create successful strategies. • Show good sportsmanship during team activities.	WALT: • Develop more advanced team strategies and communication in Kabaddi. WILF: • Effectively communicate and execute team strategies during raids and defences. • Experiment with different formations to find the most effective strategy. • Show greater anticipation and reaction to opponents' moves.	WALT: • Improve accuracy and teamwork in Volleyball. WILF: • Show improved accuracy in serving and passing. • Work with teammates to set up and execute attacks. • Understand and apply the rotation system during games.	WALT: • Enhance teamwork and improve precision in Volleyball. WILF: • Work with a partner to complete a series of successful passes. • Position yourself correctly to receive and pass the ball. • Execute controlled passes that allow teammates to set up attacks.	WALT: • Develop basic skills and team coordination in Danish Longball. WILF: • Improve batting accuracy and running between bases. • Demonstrate effective fielding techniques and teamwork. • Understand the importance of strategy in both batting and fielding.	WALT: • Develop more strategic play and teamwork in Danish Longball. WILF: • Bat with intention, aiming for specific areas of the field. • Work as a team to make effective plays and get opponents out. • Demonstrate better anticipation and quicker reactions in fielding.	WALT: • Improve accuracy and teamwork in Ultimate Frisbee. WILF: • Show improved accuracy in passing and receiving. • Work effectively with team mates to move the frisbee downfield. • Understand and apply the concept of marking and defending.	WALT: • Improve strategic play and positioning in Ultimate Frisbee. WILF: • Work effectively with teammates to maintain possession and progress downfield. • Demonstrate understanding of basic offensive and defensive formations. • Show improved accuracy and consistency in passing under pressure.

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Spring 1B - Multi Sports Term 2	WALT: Catch and pass the ball using 10 points of contact. Create a target by placing the hands in a W shape. WILF: Confidently catch & pass the ball from both pockets, stationary & dynamic. Catch the ball in the hands without using the chest.	WALT: Practice the body position needed to make a successful tackle, without making contact with the opposition player. Kick the ball to different targets over different distances. WILF: 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. Learn the difference between the grubber & chip kick. Practice kicking the ball different lengths by altering how far back the leg swings before contact.	WALT: Learn when to use different types of passes. Begin to understand defending tactics. WILF: Understand when a bounce pass or overhead pass is more beneficial than a chest pass. Learn how to effectively 'mark' a player and understand why we do it.	WALT: Begin to understand attacking tactics. Be able to shoot in a height appropriate net. WILF: 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.	WALT: • Learn how to defend the ball. • Learn how to pass the ball with control. WILF: • Be able to stop the ball with control and then be able to pass or dribble once gained possession. • Practice passing the ball to stationary targets and progress onto moving.	WALT: Be able to find a space in a small game. Be able to identify team strengths and weaknesses. WILF: Be able to spot a space and get into it so teammates can pass successfully. Be able to put strategies into a game and have designated roles for each player depending on their strengths.		

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Spring 2A - Functional Fitness	WALT: Develop an understanding of sprinting at a high speed over a short distance. Change direction at speed. WILF: Demonstrate a strong sprinting technique, using the arms & legs to increase speed. An understanding of shortening running stride to change direction while maintaining balance.	WALT: • Continue to develop strength & power in competitive activities. • Increase jumping distance through the use of different body parts. WILF: • An understanding of the difference between higher & lower body strength & power. • A consistent jump that maximises all body parts.	WALT: • Demonstrate an understanding of pacing in long distance running. • Develop an initial understanding of different muscular endurance activities. WILF: • Confidently show a consistent running speed, understanding the benefits of endurance activities. • Suggest ideas of which muscles may be working during different muscular endurance activities.	WALT: Continue to improve sprinting over a short distance. Continue to improve direction changes at speed. WILF: Confidently demonstrate a strong sprinting technique, using the arms & legs to increase speed, while also considering head movement. Confidently demonstrate the shortening of a running stride to change direction while maintaining balance.	WALT: • Continue to develop strength & power in competitive activities. • Continue to improve body weight exercise techniques, and understand which exercises require which muscles. WILF: • Begin to explain if an exercise is working upper body, lower body or both. • Explain what the different body weight exercises look like.	WALT: • Explain what pacing is, and look to improve pacing speed in longer distance running activities. • Explain what's happening to our body when exercising for a longer period of time. WILF: • Progress a confident long distance run into a competitive run, increasing the speed over a longer distance to increase success. • An understanding of which activities require which body parts to work for longer.		

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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		
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.		

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Summer 1B - Invasion Games	WALT: • Pass the ball to a mix of stationary & moving targets, and dribble the ball in a straight line with improved levels of success. WILF: • An understanding of how to pass to a stationary teammate using the correct technique. • An understanding of how to dribble using one hand, keeping control while travelling in a straight line.	WALT: • Dribble the ball in different directions, avoiding stationary targets, and continue to practice hitting the ball using a push shot, with increased levels of success. WILF: • Improved control when dribbling the ball. • Improved understanding of the push shot, with increased accuracy in relation to distance & direction.	WALT: • Develop a general understanding of the different skills required in rugby. WILF: • Confidently pass & catch the ball using two hands, stationary & dynamically. • Demonstrate a low, balanced body position which can be progressed into completing a full tackle.	WALT: • To demonstrate control and accuracy of passing and catching. • To improve footwork that can be used during a game situation. WILF: • Be able to successfully pass the ball 5 times without the ball being intercepted. • Demonstrate landing and pivoting skills.	WALT: • Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling. WILF: • Be able to incorporate all of the football skills into a small sided game.	WALT: • Understand when to use a jump shot in a game situation. • Begin to learn basic handball rules. WILF: • Perform a jump shot while scoring to get closer to the goal. • Understand that when moving in handball the ball needs to be bounced every 3 steps.		

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Summer 2A - 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. • Highlight key points such as, they feel out of breath, and begin to sweat.	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: • Be able to follow safety instructions when performing the javelin. • Learn correct throwing technique. 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.	WALT: • Understand what pacing is, and how longer distance running differs to sprinting. • Develop a determination to continue running when the body starts to fatigue. WILF: An understanding that if they run too quick, they'll have to walk due to fatigue, but if they start slower, they can increase speed towards the end if they have the energy. A clear ambition to continue running when they're tired, and not give up.	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.		
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. • Highlight key points such as, they feel out of breath, and begin to sweat.	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: • Be able to follow safety instructions when performing the javelin. • Learn correct throwing technique. 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.	WALT: • Understand what pacing is, and how longer distance running differs to sprinting. • Develop a determination to continue running when the body starts to fatigue. WILF: An understanding that if they run too quick, they'll have to walk due to fatigue, but if they start slower, they can increase speed towards the end if they have the energy. A clear ambition to continue running when they're tired, and not give up.	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.		