



September 2025/26 - Year 5

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Dance- Around the World	Gymnastics	Functional Fitness	Badminton	World Sports	Athletics
Topic B	Netball	Basketball	Rugby	OAA	Football	Cricket



September 2025/26 - 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	WALT: • We are learning to dance in unison in the dance style &#34;Haka&#34;. • We are learning to work in a group to create your own &#34;Haka&#34;. WILF: • I am looking for you to perform in unison. • I am looking for you to show excellent teamwork. • I am looking for you to show a deeper understanding of the Haka and why this dance is performed	WALT: • To continue with the Around the World theme • We are learning a new style of dance &#34;Capoeira&#34; and how to create movements in partners in this dance style. • We are learning to dance in canon and how this can be an effective skill within dance. • We are learning to develop movement using the skill - repetition. WILF: • I am looking for you to show an understanding of how canon and repetition is developed within dance. • I&#160;am looking for you to work well with a partner and create a small routine using canon and repetition. • I am looking for you to show a deeper understanding of capoeira and why this dance is performed	WALT: • To continue the theme of Around the World and develop the sequence further.&#160; • To use travel within our movements. • To create our own &#34;Dragon Dance&#34; from China. WILF: • I am looking for travelling being used in different formations.&#160; • I am looking for full engagement throughout the lesson. • To discuss Chinese new year and the traditions that are used every year.	WALT: • To continuation the theme of Around the World. • To learn a new style of dance Bollywood. • To reverse our movements and how it can be an effective way to add more movement within our dance. • To use reversing movements to develop a solo. WILF: • A good&#160;knowledge&#160;of the two skills Retrograde & Solos and why they are used in dance. • Excellent team work when rehearsing the different sections of the dance.&#160;	WALT: • To continue with the theme of around the world and to add the final section of the routine. • To learn and develop a Bhangra dance sequence.&#160; • To learn how to use rhythm within dance. • To learn what improvisation is.&#160; WILF: • A deeper understanding of Bhangra. • Good knowledge of the new skill,&#160;improvisation. • Good knowledge of rhythms and how different rhythms&#160;can change the dance.&#160;	WALT: WALT:&#160; To continue the theme of around the world.&#160; To learn about the rehearsal process.&#160; To rehearse the routine that we have been learning throughout the previous weeks. WILF: WILF:Learn 2 Skills:&#160; Rehearsal & Peer Feedback&#160; Rehearsing and showing all the skills and choreography they have learnt over the past 6 weeks.	WALT: • To finish the theme of around the world.&#160; • To understand the rehearsal process and why it is important for dancers/performers.&#160; • To rehearse the routine that we have been learning throughout the previous weeks. WILF: • To be able to give peer feedback which is helpful and respectful to your peers. • Rehearsing and showing all the skills and choreography they have learnt over the past 5 lessons.	

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Autumn 1B - Netball	WALT: Understand and execute different types of passes in netball, such as chest passes and bounce passes.&nbsp; WILF: • Passes reaching the intended target with minimal interception. • Correct speed and force depending on the distance.	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. 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.	WALT: • Develop accurate shooting techniques in netball. 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.	WALT: • Understand the concept of travelling in netball.&nbsp; WILF: • Correct footwork and pivot techniques.&nbsp; • Demonstrate understanding by explaining the travelling rule in netball.	WALT: • Understand and demonstrate correct shooting technique. • Maintain possession under pressure through good decision-making and movement. WILF: • Ability to score from different angles. • Effective use of space and movement to retain possession. • Good communication with teammates to facilitate effective passing.	WALT: • Apply passing skills in small-sided games to enhance gameplay understanding. WILF: • Correct passing techniques.&nbsp; • Accurate and timely passes during small-sided games.		

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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 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 excellent teamwork by creating a variety of partner balances based on the nine gymnastic positions that we will be learning.	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. 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. WILF: • To show safe 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 a sequence of movements using a variety of different equipment. • To use strength and coordination to safely climb up and down the climbing frame.		

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Autumn 2B - Basketball	WALT: • By the end of this lesson, you will be able to effectively pass the basketball to a teammate using different passing techniques. WILF: • Passes should reach teammates accurately.&nbsp; • Use correct passing techniques such as chest pass, bounce pass, and overhead pass. • Be aware of their surroundings, including the positions of teammates and opponents, to make successful passes.	WALT: • Improve dribbling skills in basketball by controlling the ball with both hands, maintaining proper dribbling posture, and using various dribbling techniques effectively. WILF: • &nbsp;Dribble the ball with control using both hands while moving around the court. • Show confidence in dribbling under pressure and maneuvering around obstacles with agility. • Maintain a low stance with knees bent and back straight to enhance balance and control during dribbling.&nbsp;	WALT: • Demonstrate effective techniques for maintaining possession of the ball.&nbsp; WILF: Utilization of passing and movement to keep possession within the team. Communication and teamwork to support and create opportunities for teammates.	WALT: • Demonstrate correct shooting technique in basketball. WILF: • Control and accuracy in shooting towards the hoop. Ability to adjust shooting technique based on distance from the hoop.	WALT: • Recap and refine passing techniques in basketball, including chest passes, bounce passes, and overhead passes. WILF: • Use correct hand placement and wrist action for different types of passes. • Maintain proper spacing from teammates to facilitate passing options. • Utilize passing and possession skills during game situations, such as maintaining possession while under defensive pressure.	WALT: To demonstrate and apply dribbling skills in basketball games by recalling and refining techniques learned in previous lessons. WILF: • Show control over the basketball while dribbling, keeping it within their reach and under control at all times. • Display the ability to change the speed and direction of their dribble to evade defenders or create scoring opportunities. • Transfer dribbling skills into gameplay situations, actively participating and contributing to team strategies during basketball games		

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Spring 1A - Functional Fitness	WALT: Learn speed and agility techniques for improved athletic performance. WILF: Perform agility drills at an increased pace while maintaining control. • Adapt movement strategies based on environmental factors (e.g., space, obstacles). • Demonstrate leadership skills by guiding peers through agility challenges.	WALT: Learn strength and power techniques for improved athletic performance. WILF: Increase resistance or load progressively to continue challenging muscle strength. • Demonstrate improved power and explosiveness in sport-specific movements.	WALT: Learn muscular endurance through resistance. WILF: Perform resistance exercises. • Increase resistance or intensity of exercises to continue challenging muscular endurance.	WALT: Introduce basic speed and agility movements to enhance coordination. WILF: Engage in fundamental locomotor movements with control (e.g., running, skipping). • Respond to simple agility cues (e.g., change of direction, hopping on one foot). • Participate in group activities promoting spatial awareness and movement coordination.	WALT: Progress strength and power techniques for improved athletic performance. WILF: Increase resistance or load progressively to continue challenging muscle strength. • Demonstrate improved power and explosiveness in sport-specific movements.	WALT: Introduce circuit training to improve overall endurance and stamina. WILF: Complete circuits consisting of various exercises with minimal rest between stations. • Sustain effort and intensity throughout the entire circuit. • Participate in partner or team-based circuit challenges to foster camaraderie and motivation.		

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appropriately. • Pupils should exhibit a balanced and stable stance, with feet positioned correctly and body weight distributed evenly.			opponent's side of the court, such as the back corners or sidelines.	in a game where a drop shot can be strategically advantageous, such as when opponents are deep in the court or out of position.	movement of their opponents and the flight of the shuttlecock. • Understand when to use different types of shots such as clears, drops, smashes, and net shots. Look for variety and accuracy in their shot selection. • Demonstrate an awareness of the score, their opponent's strengths and weaknesses, and opportunities to exploit gaps in their play. This includes anticipating their opponent's shots and reacting quickly.		

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Spring 2B - OAA	WALT: • Work effectively as a team to complete an orienteering challenge. WILF: • Pupils demonstrate cooperative behavior and share roles and responsibilities within the team.&nbsp; • Pupils can orient a map to the surroundings.	WALT: • &nbsp;Understand the importance of effective communication and cooperation within a team.&nbsp; WILF: • Pupils are coming up with innovative solutions to challenges and adapting their strategies as needed.&nbsp; • All pupils are engaged, contributing to discussions, and taking turns in different roles within the team.	WALT: • Develop effective communication skills within a team setting.&nbsp; WILF: • Pupils who communicate clearly and listen actively to their teammates.&nbsp; • Teams that work together to solve problems, showing persistence and adaptability.	WALT: • Communicate clearly and collaborate with team members to achieve a goal.&nbsp; WILF: • Work effectively as a team to complete orienteering challenges. • Clear & concise communication skills.&nbsp;	WALT: • Apply problem-solving skills to overcome obstacles in various OAA activities. WILF: • Effective communication and cooperation within teams. • Creative problem-solving strategies. • Resilience and perseverance when facing challenges.&nbsp;	WALT: • Work collaboratively as a team to solve challenges and complete tasks. WILF: • Effective communication within the team.&nbsp; • Problem-solving skills demonstrated through overcoming obstacles and challenges. • Cooperation and support among team members to achieve common goals.		

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Summer 1A - World Sports	WALT: • Apply advanced Kabaddi techniques and strategic plays. WILF: • Execute complex raiding tactics, challenging the defenders." • Coordinate team formations to optimise defence. • Analyse opponents' weaknesses and adapt strategies accordingly.	WALT: • Refine tactics for both offensive and defensive play in Kabaddi. WILF: • • Execute coordinated team attacks and defenses with minimal errors. • Demonstrate improved decision-making under pressure. • Incorporate feints and fake-outs to confuse the opposing team.	WALT: • Develop strategic play and advanced techniques in Volleyball. WILF: • • Perform accurate overhand serves and set passes. • Use tactical thinking to outplay opponents, such as targeting weak spots. • Communicate effectively with teammates to execute plays.	WALT: • Apply and adapt strategies during a game scenario in Volleyball. WILF: • • Use positioning and spacing to optimise team defending and attacking. • Communicate effectively with teammates to execute planned plays. • Demonstrate adaptability by responding to changes in opponents' strategies.	WALT: • • Apply advanced batting and fielding strategies in Danish Longball. WILF: • • Execute strategic batting to exploit fielding gaps. • Coordinate complex fielding plays, like relay throws. • Anticipate opponents' actions and adapt strategies accordingly.	WALT: • Refine batting strategies and defensive coordination in Danish Longball. WILF: • • Execute strategic hits to exploit gaps in the field. • Coordinate advanced fielding techniques like double plays. • Demonstrate effective team communication and positioning.	WALT: • Develop advanced techniques and strategic play in Ultimate Frisbee. WILF: • • Execute complex passing sequences, like forehand and hammer throws. • Use tactical thinking to outmaneuver opponents. • Communicate and coordinate with teammates to maintain possession and score.	WALT: • • Develop advanced throwing techniques and defensive strategies in Ultimate Frisbee. WILF: • • Execute a variety of throws with accuracy, including forehand and backhand. • Coordinate with teammates to set up effective offensive and defensive plays. • Apply marking and cutting strategies to create scoring opportunities.

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Summer 1B - Football	WALT: Prove passing accuracy in football by using proper technique and precision. 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.	WALT: • Develop control and coordination while dribbling the football. 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.	WALT: • Understand the principles of defending in football. WILF: • Communication and coordination with teammates to maintain defensive shape and cover spaces effectively. • Ability to anticipate the movements of attacking players and react accordingly.	WALT: • We are learning to improve our shooting skills in football by focusing on accuracy, power, and technique. WILF: • 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.	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. 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.	WALT: • Recap and refine shooting skills in football, including accuracy, power, and technique. 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.		

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Summer 2A - Athletics	WALT: • Refine sprinting techniques for optimal performance. • Develop strategies for improving sprint times. WILF: • Mastery of sprinting techniques, including efficient arm drive and powerful leg action. • Application of strategies to enhance sprinting performance (e.g., explosive starts, maintaining form).	WALT: • Explore advanced jumping techniques and variations. • Develop strategies for maximizing jumping performance. WILF: • Mastery of advanced jumping techniques such as the scissors jump or single-leg take-off. • Application of strategies to improve jumping performance (e.g., approach speed, arm swing).	WALT: • Explore advanced throwing techniques and variations. • Develop strategies for maximizing throwing performance. WILF: • Mastery of advanced throwing techniques such as the javelin throw or shotput. • Application of strategies to improve throwing performance (e.g., footwork, arm motion).	WALT: • Explore advanced long-distance running strategies. • Develop strategies for maintaining focus and motivation during runs. WILF: • Mastery of more advanced running techniques such as stride length and gate. • Application of strategies to maintain focus and motivation during runs.	WALT: • Progress 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.	WALT: • Progress & practice 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.		

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Summer 2B - Cricket	WALT: • Understand the techniques of bowling in cricket. WILF: • Ensure your fingers are positioned correctly on the cricket ball for optimal control. • Maintain a stable and balanced stance with feet shoulder-width apart and body aligned towards the target.	WALT: • Develop correct batting technique in Cricket. WILF: • Demonstrated understanding of the correct batting stance. • Consistent use of the correct grip on the bat. • Good timing and contact with the ball, leading to more accurate and powerful shots.	WALT: • Develop effective fielding techniques in cricket. WILF: • 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.	WALT: • Demonstrate control and accuracy in delivering a cricket ball. WILF: • Consistent execution of the bowling action, focusing on body alignment and arm position. Ability to generate pace and accuracy while maintaining control.	WALT: • Develop and refine our batting skills in cricket. WILF: • Adaptability in responding to different types of bowling. • Improvement in batting technique from previous lessons.	WALT: • Refine our fielding techniques in cricket, focusing on catching, throwing, and stopping the ball effectively. WILF: • 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.		