



National Curriculum Physical Education:

For PE, we follow the PE Pro Scheme to enable staff to deliver engaging PE lessons, which focus on developing children's skills and physical literacy. At Shears Green, all children have access to 2 hours of physical education lessons per week and additional physical opportunities throughout the school day.

Swimming and water safety

Swimming lessons take place for Year 5 children with the aim of all children being able to achieve:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
 - Perform safe self-rescue in different water-based situations



Year 3

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

Year 4

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

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Fundamental Movement Skills	Functional Fitness	Dance- Around the World	Netball	Tennis	World Sports
Topic B	Gymnastics	Multi Sports Term 1	Multi Skills	OAA	Multi Sports Term 2	Athletics

Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic A	Fundamental Movement Skills	Functional Fitness	Multi Sports Term 1	Basketball	Cricket	Athletics
Topic B	Dance- Musical Theatre	Invasion Games	Gymnastics	Multi Skills	Tennis	World Sports



Year 3 Term 1 – Fundamental Movement Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none">• Refine running technique and introduce basic sprinting skills. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Refine jumping technique and introduce basic plyometric exercises.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Learn coordination skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none">• Perform more complex locomotor movements with coordination, such as galloping or jumping jacks.&nbsp;• Demonstrate improved coordination between upper and lower body movements.&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Refine static balance skills and introduce dynamic balance activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Refine agility skills and introduce more complex movement patterns. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Refine throwing and catching skills and introduce more complex techniques. <p>WILF:</p> <ul style="list-style-type: none">• 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).



Year 3 Term 1 – Multi Sports (1)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1B - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none">• Develop better dribbling skills with changes in direction.&nbsp;• Develop passing skills further.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Ability to dribble with control & changing direction• Use both feet to pass the ball&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• use football skills taught in a small sided games situation. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <p>To maintain possession in Netball.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <p>To shoot with accuracy.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <p>To use different throwing techniques in Dodgeball.</p> <p>WILF:</p> <ul style="list-style-type: none">• Correct use of underarm and overarm throwing technique.• Good evasion and movement to dodge.&nbsp;• Communication and teamwork when playing a game.	<p>WALT:</p> <p>To apply Dodgeball skills in gameplay.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 3 Term 2 – Functional Fitness

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2A - Functional Fitness	<p>WALT:</p> <ul style="list-style-type: none">• Enhance speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Introduce dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Introduce circuit training to improve overall endurance and stamina. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Progress & practice enhancing speed and agility through purposeful practice and skill refinement. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Progress & practice dynamic movements to enhance power and explosiveness. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Progress & practice activities included in a circuit, to improve overall endurance and stamina.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 3 Term 2 – Gymnastics

BECOME THE
Best version of yourself



Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce coordinated running and jumping techniques to develop agility and athleticism. <p>WILF:</p> <ul style="list-style-type: none"> • Execute basic running movements with increased speed and coordination, incorporating changes of direction. • Perform basic jumping movements with proper form and timing, focusing on generating power. • Participate in cooperative running and jumping activities, demonstrating teamwork and communication. 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce advanced throwing and catching techniques to enhance accuracy and coordination. <p>WILF:</p> <ul style="list-style-type: none"> • Execute various throwing techniques (e.g., overarm, underarm) with improved accuracy and control. • Demonstrate proper catching techniques, including using both hands and body positioning for successful receptions. • Participate in partner activities focusing on synchronisation and timing in throwing and catching sequences. 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce bowling & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • A basic understanding of bowling at differing height/distance targets. • A basic understanding of how to retrieve a ball and return to the bowler. 	<p>WALT:</p> <ul style="list-style-type: none"> • Refine running and jumping techniques and introduce basic variations. <p>WILF:</p> <ul style="list-style-type: none"> • Execute directional changes while running (e.g., side steps, quick turns) with control and agility. • Perform basic variations of jumping movements such as forward jumps, sideways jumps, or single-leg jumps. 	<p>WALT:</p> <ul style="list-style-type: none"> • Develop power and distance in throwing for improved athletic performance. <p>WILF:</p> <ul style="list-style-type: none"> • Perform throwing movements with increased velocity and distance, focusing on proper mechanics. • Execute explosive throwing movements (e.g., long throws, overhead throws) with power and accuracy. • Participate in throwing challenges to improve speed, power, and coordination. 	<p>WALT:</p> <ul style="list-style-type: none"> • Introduce batting & fielding to develop hand-eye coordination. <p>WILF:</p> <ul style="list-style-type: none"> • 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.



Year 3 Term 3 – Multi Sports (2)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1B - Multi Sports Term 2	<p>WALT: To practice passing and scoring a try.</p> <p>WILF:</p> <ul style="list-style-type: none">• Correct grip of the rugby ball with two hands• Correct passing technique, passing from the pocket• Target up when receiving a pass• Teamwork when playing tagging games	<p>WALT: Work on kicking and tagging skills.</p> <p>WILF:</p> <ul style="list-style-type: none">• Children to know where is best to kick the ball for a grubber and punt kick• Children to shorten their steps when approaching an attacker, giving them the best opportunity to tag them	<p>WALT: Work on passing and dribbling skills in Basketball.</p> <p>WILF:</p> <ul style="list-style-type: none">• Good control of the ball whilst dribbling• Correct technique when using chest pass and bounce pass• Use of evasion and agility to beat defenders whilst dribbling	<p>WALT: Maintain possession in Basketball whilst attacking.</p> <p>WILF:</p> <ul style="list-style-type: none">• Bouncing the basketball when moving• Use of dominant hand to control the ball• Keep head up when dribbling to see where teammates are to pass to• Extend arms to target when passing	<p>WALT: Continue to develop passing & dribbling skills</p> <p>WILF:</p> <ul style="list-style-type: none">• Improved confidence in passing over different distances.• Continue to improve dribbling skills, attempting to use both sides of the stick & change direction without having to stop moving.	<p>WALT: • Continue to develop shooting & defending skills.</p> <p>WILF:</p> <ul style="list-style-type: none">• Improved confidence in shooting from different distances & angles.• Continue to improve defending skills, reducing the number of fouls conceded and reducing the number of goals conceded.



Year 3 Term 4 – Dance (Space)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2A – Dance (Space)	<p>WALT: To understand what the word unison means and how it is applied to dance. To introduce the theme of space and start to explore it in detail.</p> <p>WILF:</p> <ul style="list-style-type: none">To show focus and engagement through the lessonTo show an understanding of how to use unison within a creative activity	<p>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.</p> <p>WILF:</p> <ul style="list-style-type: none">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.To practice basic rhythms as a class and then apply the rhythm practice to any independent work.	<p>WALT: To explore different levels and how they can be used within a dance. To explore different types of jumps and how we jump safely.</p> <p>WILF:</p> <ul style="list-style-type: none">To use different levels within the choreography and explore how different levels can change the dynamics of dance.To demonstrate jumping safely both whilst practicing and performing.	<p>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.</p> <p>WILF:</p> <ul style="list-style-type: none">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.	<p>WALT: We are learning to dance different directions. We are learning to improvise.</p> <p>WILF:</p> <ul style="list-style-type: none">I am looking for you to create directions.I am looking for you to do your own improvisations.	<p>WALT: We are learning to use rehearsal time. We are aiming for a small performance of our dance piece.</p> <p>WILF:</p> <ul style="list-style-type: none">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.



Year 3 Term 4 - Dodgeball

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2B - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none">• Throw a ball accurately towards a target• Understand the basic rules of dodgeball <p>WILF:</p> <p>Correct overarm or underarm throwing technique</p> <p>Aiming at a target with control</p> <p>Participation in game scenarios with some understanding of the rules</p>	<p>WALT:</p> <ul style="list-style-type: none">• Improve the power and accuracy of throws <p>WILF:</p> <p>Using whole-body movement to generate power (e.g., stepping into the throw)</p> <p>Aiming for specific areas of the opponent's body (below shoulders)</p> <p>Accuracy improving in short and longer throws</p>	<p>WALT:</p> <ul style="list-style-type: none">• Dodge balls effectively during gameplay <p>WILF:</p> <p>Quick reflexes to avoid balls thrown by opponents</p> <p>Using side steps, jumps, and ducks to dodge</p> <p>Ability to read the game and anticipate throws</p>	<p>WALT:</p> <p>Catch a ball safely during gameplay</p> <p>Combine dodging and catching techniques</p> <p>WILF:</p> <p>Correct catching technique (eyes on the ball, hands out in front)</p> <p>Timing of dodging and catching</p> <p>Awareness of when to dodge versus when to attempt a catch</p>	<p>WALT:</p> <ul style="list-style-type: none">• Make quick decisions on whether to dodge, catch, or throw <p>WILF:</p> <p>Smart decision-making based on game situation</p> <p>Effective teamwork, communicating with peers</p> <p>Combining skills learned (throwing, dodging, catching) in game scenarios</p>	<p>WALT:</p> <ul style="list-style-type: none">• Apply throwing, dodging, and catching skills in a competitive game <p>WILF:</p> <p>Display control, accuracy, and power in throws</p> <p>Use dodging and catching skills under pressure</p>



Year 3 Term 5 - OAA

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1A - OAA	<p>WALT:</p> <ul style="list-style-type: none">• Introduce orienteering and the concept of position and direction. <p>WILF:</p> <ul style="list-style-type: none">• Understand the cardinal compass points.	<p>WALT:</p> <ul style="list-style-type: none">• To introduce activities that require problem solving skills. <p>WILF:</p> <ul style="list-style-type: none">• Communication among peers.• Strategy and planning.	<p>WALT:</p> <ul style="list-style-type: none">• Work as a team to achieve a goal. <p>WILF:</p> <ul style="list-style-type: none">• Communication and leadership skills.	<p>WALT:</p> <ul style="list-style-type: none">• Build on orienteering skills previously learned. <p>WILF:</p> <ul style="list-style-type: none">• Knowledge of cardinal points and correct use with regards to position and direction.	<p>WALT:</p> <ul style="list-style-type: none">• Use problem solving skills in practice. <p>WILF:</p> <ul style="list-style-type: none">• Team work, communication and strategy.	<p>WALT:</p> <ul style="list-style-type: none">• Work as a team to succeed in a common goal. <p>WILF:</p> <ul style="list-style-type: none">• Good communication.• Team effort and encouragement.



Year 3 Term 5 – World Sports

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1B - World Sports	<p>WALT:</p> <ul style="list-style-type: none">• Understand the basic rules and objectives of Kabaddi. <p>WILF:</p> <ul style="list-style-type: none">• Recall the basic rules of Kabaddi.• Identify the roles of the raider and defender.• Participate in simple Kabaddi games with appropriate tag techniques.	<p>WALT:</p> <ul style="list-style-type: none">• Build on Kabaddi skills by enhancing raiding and defending techniques. <p>WILF:</p> <ul style="list-style-type: none">• Improve stamina by maintaining a successful raid for a longer duration. <p>Apply learned tagging techniques in more complex scenarios.</p> <p>Demonstrate increased confidence in both raiding and defending.</p>	<p>WALT:</p> <ul style="list-style-type: none">• Learn the fundamental skills of Volleyball. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Develop consistency and confidence in Volleyball basic skills. <p>WILF:</p> <ul style="list-style-type: none">• • 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.	<p>WALT:</p> <ul style="list-style-type: none">• Understand the basic rules and objectives of Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• • 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.	<p>WALT:</p> <ul style="list-style-type: none">• Improve batting and fielding consistency in Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• • 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.



Year 3 Term 6 – Athletics

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2A - Athletics	<p>WALT:</p> <ul style="list-style-type: none">• Develop sprinting techniques such as stride length and frequency.&nbsp;• Practice sprinting over short distances with proper form.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Demonstration of improved stride length and frequency.&nbsp;• Consistent use of proper sprinting form (e.g., driving knees, pumping arms).	<p>WALT:</p> <ul style="list-style-type: none">• 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. <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Explore different types of throws, including overarm and underarm throws.&nbsp;• Develop throwing strategies to achieve greater distance or accuracy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• 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;	<p>WALT:</p> <ul style="list-style-type: none">• Explore different long-distance running techniques.&nbsp;• Understand the concept of pacing and race strategy.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Mastery of basic long-distance running techniques.&nbsp;• Demonstrated understanding of pacing and the ability to adjust speed accordingly.	<p>WALT:</p> <ul style="list-style-type: none">• Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Continue to improve sprinting, jumping, throwing & long-distance running techniques through different activities. <p>WILF:</p> <ul style="list-style-type: none">• An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;



Year 3 Term 6 – Striking and Fielding

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2B - Striking & Fielding	<p>WALT: To learn basic rounders skills.</p> <p>WILF:</p> <ul style="list-style-type: none">• Use of the upper thigh or leg to support with collecting a ball rolling toward you.• Hands cupped for scooping the ball safely.&nbsp;• When batting, keep eyes on the ball and extend your arm towards the ball, following through on impact.	<p>WALT: To use another type of striking (kicking) in Danish Longball.</p> <p>WILF:</p> <ul style="list-style-type: none">• The use of different parts of foot to strike the ball.• Accurate throwing and kicking.• Good teamwork and communication.	<p>WALT: Use a Cricket bat to strike a ball.</p> <p>WILF:</p> <ul style="list-style-type: none">• Correct hand positioning on the bat.• Cupped hands, ready to receive a hit or rolling ball.&nbsp;• Good body awareness and use of legs to help field a rolling ball.• Confident underarm and overarm throwing techniques.	<p>WALT: To apply striking skills in a Rounders game.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT: To utilise striking skills in game play.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT: To apply cricket skills into game situations.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 4 Term 1 – Fundamental Movement Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none">• Be able to run for long distances.• Be able to change stride length when needed. <p>WILF:</p> <ul style="list-style-type: none">• Learn how to pace yourself when running for a long period of time. • Be able to identify when to use short or long strides and perform them both at the correct time.	<p>WALT:</p> <ul style="list-style-type: none">• Be able to change jumping technique.• Remain in control of their body when jumping. <p>WILF:</p> <ul style="list-style-type: none">• Be able to jump over hurdles and perform two footed jumping correctly.• Be able to continuously jump by using the balls of their feet and engaging core.	<p>WALT:</p> <ul style="list-style-type: none">• Continue developing the coordination of arms, eyes & legs <p>WILF:</p> <ul style="list-style-type: none">• Expand on the hand-eye & foot-eye coordination developed in previous years, explaining what they are, and giving examples of where they'd be used.	<p>WALT:</p> <ul style="list-style-type: none">• Begin to understand which muscles are used when balancing. <p>WILF:</p> <p>Be able to feel and point out which muscles are working when performing different balances and exercises.</p>	<p>WALT:</p> <ul style="list-style-type: none">• Be able to change through different speeds in different situations.• Develop foot speed. <p>WILF:</p> <ul style="list-style-type: none">• To travel around in different ways while avoiding others.• Be able to accurately run through the ladders at a high speed.	<p>WALT:</p> <ul style="list-style-type: none">• Be able to demonstrate proper catching technique.• Be able to notice a difference on the body when exercising. <p>WILF:</p> <ul style="list-style-type: none">• Apply motor skills and hand-eye coordination to group games.• Point out the difference that physically intense activities have on the body compared to less intense activities.



Year 4 Term 1 – Functional Fitness

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1B - Functional Fitness	<p>WALT: Develop an understanding of sprinting at a high speed over a short distance. Change direction at speed.</p> <p>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.</p>	<p>WALT: • Continue to develop strength & power in competitive activities. • Increase jumping distance through the use of different body parts.</p> <p>WILF: • An understanding of the difference between higher & lower body strength & power. • A consistent jump that maximises all body parts.</p>	<p>WALT: • Demonstrate an understanding of pacing in long distance running. • Develop an initial understanding of different muscular endurance activities.</p> <p>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.</p>	<p>WALT: Continue to improve sprinting over a short distance. Continue to improve direction changes at speed.</p> <p>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.</p>	<p>WALT: • Continue to develop strength & power in competitive activities. • Continue to improve body weight exercise techniques, and understand which exercises require which muscles.</p> <p>WILF: • Begin to explain if an exercise is working upper body, lower body or both. • Explain what the different body weight exercises look like.</p>	<p>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.</p> <p>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.</p>



Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2A - Gymnastics	<p>WALT: To learn and remember the seven gymnastic positions.&nbsp; To perform a selection of these shapes as jumps. To understand how we jump safely and land correctly.&nbsp; </p> <p>WILF: To be able to show correctly a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape.&nbsp; To be able to correctly perform some of the above positions as jumps.</p>	<p>WALT: Develop our balance. Learn five different gymnastics balances. Create a variety of partner balances.</p> <p>WILF: Develop our balance. Learn five different gymnastics balances. Create a variety of partner balance</p>	<p>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.</p> <p>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.</p>	<p>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. • To add jumps into the end of the floor routines&nbsp;</p> <p>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.</p>	<p>WALT: • Perform a variety of different vaults. • Use different methods of travelling and balance from&nbsp;previous lessons. • To explore different ways to get onto the vault and then to&nbsp;dismount the vault.</p> <p>WILF: • To show safe and creative mounting and dismounting of the vaults. • To travel up benches using balance to do it&nbsp;without falling off. • To jump off the vaults and &nbsp;land safely and&nbsp;correctly.</p>	<p>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.</p> <p>WILF: • To perform different skills and movements one&nbsp;after another to create a sequence. • To use all the skills from previous lessons;&nbsp;shapes, jumps, balance, travelling, beam, and&nbsp;vault skills. • To climb up and down the climbing frame&nbsp;following all the rules.</p>

BECOME THE
Best version of yourself



Year 4 Term 2 – Multi Sports (1)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2B - Multi Sports Term 1	<p>WALT: Enhance dribbling speed while maintaining control. Enhance passing accuracy with both feet.</p> <p>WILF: Maintain control of the ball while dribbling at varying speeds. Accurate passing with both feet.</p>	<p>WALT: • Be able to shoot accurately. • Learn how to defend the opposing team successfully.</p> <p>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.</p>	<p>WALT: Learn to pass in different ways. Be able to make decisions quickly about what kind of pass is best.</p> <p>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.</p>	<p>WALT: Be able to shoot at a goal. Understand how to correctly pivot and when to use it.</p> <p>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</p>	<p>WALT: Learn how to dodge a ball coming towards you. Understand the rules of dodgeball.</p> <p>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.</p>	<p>WALT: Learn which balls are the correct ones to try catch. Be able to throw the ball accurately.</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>



Year 4 Term 3 – Dodgeball

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - Dodgeball	<p>WALT:</p> <ul style="list-style-type: none">• Throw a ball accurately towards a target• Understand the basic rules of dodgeball <p>WILF:</p> <p>Correct overarm or underarm throwing technique</p> <p>Aiming at a target with control</p> <p>Participation in game scenarios with some understanding of the rules</p>	<p>WALT:</p> <ul style="list-style-type: none">• Improve the power and accuracy of throws <p>WILF:</p> <p>Using whole-body movement to generate power (e.g., stepping into the throw)</p> <p>Aiming for specific areas of the opponent's body (below shoulders)</p> <p>Accuracy improving in short and longer throws</p>	<p>WALT:</p> <ul style="list-style-type: none">• Dodge balls effectively during gameplay <p>WILF:</p> <p>Quick reflexes to avoid balls thrown by opponents</p> <p>Using side steps, jumps, and ducks to dodge</p> <p>Ability to read the game and anticipate throws</p>	<p>WALT:</p> <p>Catch a ball safely during gameplay</p> <p>Combine dodging and catching techniques</p> <p>WILF:</p> <p>Correct catching technique (eyes on the ball, hands out in front)</p> <p>Timing of dodging and catching</p> <p>Awareness of when to dodge versus when to attempt a catch</p>	<p>WALT:</p> <ul style="list-style-type: none">• Make quick decisions on whether to dodge, catch, or throw <p>WILF:</p> <p>Smart decision-making based on game situation</p> <p>Effective teamwork, communicating with peers</p> <p>Combining skills learned (throwing, dodging, catching) in game scenarios</p>	<p>WALT:</p> <ul style="list-style-type: none">• Apply throwing, dodging, and catching skills in a competitive game <p>WILF:</p> <p>Display control, accuracy, and power in throws</p> <p>Use dodging and catching skills under pressure</p>



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.



Year 4 Term 4 – Street Dance

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2A - Dance- Street Dance	<p>WALT:</p> <ul style="list-style-type: none">• To understand the meaning of unison and how it is used in dance• To identify different styles of dance <p>WILF:</p> <ul style="list-style-type: none">• To show focus and engagement throughout the lesson• To show how to use unison within a creative task in both groups and pairs	<p>WALT:</p> <ul style="list-style-type: none">• We are learning to understand canon• We are learning to use repetition <p>WILF:</p> <ul style="list-style-type: none">• I am looking for you to use canon in your performance• I am looking for you to introduce repetition	<p>WALT:</p> <ul style="list-style-type: none">• We are learning to use canon and 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. <p>WILF:</p> <ul style="list-style-type: none">• Excellent engagement throughout the entire class for all activities.• To apply canon within our dance and add more to the dance routine.	<p>WALT:</p> <ul style="list-style-type: none">• To continue the theme of street dance.• To learn what Top rocks are. <p>WILF:</p> <ul style="list-style-type: none">• To demonstrate how to use top rocks within a routine.• To be fully engaged throughout the lesson	<p>WALT:</p> <ul style="list-style-type: none">• To continue learning the choreography for the street dance that we have been working on in the previous weeks.• To learn what 'mirroring' is and how it can be used in dance. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• To create ending sections for the group routine that we have been working on.• To develop performance skills during our rehearsals today. <p>WILF:</p> <ul style="list-style-type: none">• To show engagement throughout the entire lesson.• To practice show the progression of performance skills.



Year 4 Term 4 – Invasion Games

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2B - Invasion Games	<p>WALT:</p> <ul style="list-style-type: none">• Pass the ball to a mix of stationary & moving targets, and dribble the ball in a straight line with improved levels of success. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• 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. <p>WILF:</p> <ul style="list-style-type: none">• Improved control when dribbling the ball.• Improved understanding of the push shot, with increased accuracy in relation to distance & direction.	<p>WALT:</p> <ul style="list-style-type: none">• Develop a general understanding of the different skills required in rugby. <p>WILF:</p> <ul style="list-style-type: none">• Confidently pass & catch the ball using two hands, stationery & dynamically. • Demonstrate a low, balanced body position which can be progressed into completing a full tackle.	<p>WALT:</p> <ul style="list-style-type: none">• To demonstrate control and accuracy of passing and catching.• To improve footwork that can be used during a game situation. <p>WILF:</p> <ul style="list-style-type: none">• Be able to successfully pass the ball 5 times without the ball being intercepted. • Demonstrate landing and pivoting skills.	<p>WALT:</p> <ul style="list-style-type: none">• Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling. <p>WILF:</p> <ul style="list-style-type: none">• Be able to incorporate all of the football skills into a small sided game.	<p>WALT:</p> <ul style="list-style-type: none">• Understand when to use a jump shot in a game situation.• Begin to learn basic handball rules. <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 4 Term 5 – OAA

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1A - OAA	<p>WALT:</p> <ul style="list-style-type: none">• Introduce orienteering and the concept of position and direction. <p>WILF:</p> <ul style="list-style-type: none">• Understand the cardinal compass points.	<p>WALT:</p> <ul style="list-style-type: none">• To introduce activities that require problem solving skills. <p>WILF:</p> <ul style="list-style-type: none">• Communication among peers.• Strategy and planning.	<p>WALT:</p> <ul style="list-style-type: none">• Work as a team to achieve a goal. <p>WILF:</p> <ul style="list-style-type: none">• Communication and leadership skills.	<p>WALT:</p> <ul style="list-style-type: none">• Build on orienteering skills previously learned. <p>WILF:</p> <ul style="list-style-type: none">• Knowledge of cardinal points and correct use with regards to position and direction.	<p>WALT:</p> <ul style="list-style-type: none">• Use problem solving skills in practice. <p>WILF:</p> <ul style="list-style-type: none">• Team work, communication and strategy.	<p>WALT:</p> <ul style="list-style-type: none">• Work as a team to succeed in a common goal. <p>WILF:</p> <ul style="list-style-type: none">• Good communication.• Team effort and encouragement.



Year 4 Term 5 – Multi Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1B - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none">• Understand how to increase speed over a short distance.• Be able to perform different movements with control over a set distance. <p>WILF:</p> <ul style="list-style-type: none">• Be able to perform short strides to build power.• Perform both hopping and jumping without losing body control.	<p>WALT:</p> <ul style="list-style-type: none">• Be able change the type of throw performed depending how far the ball needs to be thrown.• Understand how to avoid and move away from attackers in a game. <p>WILF:</p> <ul style="list-style-type: none">• Be able to perform both the underarm and overarm throw accurately.• Perform side steps and change of direction to evade attackers.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to bowl correctly towards a target.• Learn how to correctly hold a cricket bat. <p>WILF:</p> <ul style="list-style-type: none">• Bowl at a target consistently and accurately.&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Understand the importance of finding a space.• Learn different evasion techniques that can be used in a game. <p>WILF:</p> <ul style="list-style-type: none">• When evading attackers, show how to find a space and where it can be found.• Perform both side steps and change of directions.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to correctly receive a rugby ball.• Understand how to perform a shot put throw correctly. <p>WILF:</p> <ul style="list-style-type: none">• Be able to demonstrate catching the ball in a W shape.• Be able to demonstrate an understanding that a shot put throw originates from the neck.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to stand correctly when batting the ball.• Understand basic rules and tactics for kwik cricket. <p>WILF:</p> <ul style="list-style-type: none">• Understand why it is important to stand side on when batting a ball.• Be able to show an understanding of why we want to hit the ball low to the ground in a game



Year 4 Term 6 – Multi Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1B - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none">• Understand how to increase speed over a short distance.• Be able to perform different movements with control over a set distance. <p>WILF:</p> <ul style="list-style-type: none">• Be able to perform short strides to build power.• Perform both hopping and jumping without losing body control.	<p>WALT:</p> <ul style="list-style-type: none">• Be able change the type of throw performed depending how far the ball needs to be thrown.• Understand how to avoid and move away from attackers in a game. <p>WILF:</p> <ul style="list-style-type: none">• Be able to perform both the underarm and overarm throw accurately.• Perform side steps and change of direction to evade attackers.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to bowl correctly towards a target.• Learn how to correctly hold a cricket bat. <p>WILF:</p> <ul style="list-style-type: none">• Bowl at a target consistently and accurately.&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Understand the importance of finding a space.• Learn different evasion techniques that can be used in a game. <p>WILF:</p> <ul style="list-style-type: none">• When evading attackers, show how to find a space and where it can be found.• Perform both side steps and change of directions.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to correctly receive a rugby ball.• Understand how to perform a shot put throw correctly. <p>WILF:</p> <ul style="list-style-type: none">• Be able to demonstrate catching the ball in a W shape.• Be able to demonstrate an understanding that a shot put throw originates from the neck.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to stand correctly when batting the ball.• Understand basic rules and tactics for kwik cricket. <p>WILF:</p> <ul style="list-style-type: none">• Understand why it is important to stand side on when batting a ball.• Be able to show an understanding of why we want to hit the ball low to the ground in a game



Year 4 Term 6 – Striking and Fielding

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2A - Striking & Fielding	<p>WALT:</p> <ul style="list-style-type: none">• Understand the basic rules and skills of rounders. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Learn the rules and strategies of Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Introduce the fundamental concepts of cricket. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Build upon rounders skills and understanding. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• Enhance Danish long ball skills and tactics. <p>WILF:</p> <ul style="list-style-type: none">• Showcase more accurate throwing and catching abilities.• Employ advanced evasive maneuvers to avoid being tagged.• Develop offensive strategies and team coordination for successful runs.	<p>WALT:</p> <ul style="list-style-type: none">• Deepen the understanding of cricket strategies and gameplay. <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 5 Term 1 – Fundamental Movement Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Fundamental Movement Skills	<p>WALT: Develop agility and speed through multidirectional running activities.&nbsp;</p> <p>WILF: • Execute direction changes while running (e.g., side shuffles, quick turns).&nbsp;</p> <p>• Demonstrate agility and coordination during running-based games or obstacle courses.&nbsp;</p> <p>• Participate in partner drills focusing on reaction time and coordination.&nbsp;</p>	<p>WALT: • Develop agility and coordination through multidirectional jumping activities.&nbsp;</p> <p>WILF: • Execute directional changes while jumping (e.g., lateral jumps, 180-degree jumps).&nbsp;</p> <p>• Demonstrate agility and coordination during jumping-based games or obstacle courses.&nbsp;</p> <p>• Participate in partner drills focusing on reaction time and coordination.&nbsp;</p>	<p>WALT: • Develop agility and coordination through multidirectional movement activities.&nbsp;</p> <p>WILF: • Execute directional changes with coordination (e.g., side steps, quick turns).&nbsp;</p> <p>• Demonstrate agility and coordination during activities like obstacle courses or agility ladder drills.&nbsp;</p> <p>• Participate in partner drills focusing on synchronization and coordination.&nbsp;</p>	<p>WALT: • Develop agility and coordination through multidirectional balance activities.&nbsp;</p> <p>WILF: • Execute directional changes with balance (e.g., side steps, lunges, pivot turns).&nbsp;</p> <p>• Demonstrate agility and coordination during activities like obstacle courses or balance-based games.&nbsp;</p> <p>• Participate in partner drills focusing on synchronization and balance.&nbsp;</p>	<p>WALT: • Develop agility and quickness through multidirectional movement activities.&nbsp;</p> <p>WILF: • Execute directional changes with agility (e.g., crossover steps, back pedal).&nbsp;</p> <p>• Demonstrate quickness and agility during activities like tag games or relay races.&nbsp;</p> <p>• Participate in partner drills focusing on synchronization and rapid changes in movement direction.&nbsp;</p>	<p>WALT: Develop agility and coordination through dynamic throwing and catching activities.</p> <p>WILF: • Execute directional changes while throwing and catching (e.g., moving laterally, forward, backward).&nbsp;</p> <p>• Demonstrate agility and coordination during activities like relay races involving throwing and catching.&nbsp;</p> <p>• Participate in partner drills focusing on synchronization and coordination while throwing and catching.&nbsp;</p>



Year 5 Term 1 – Gymnastics

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1B - Gymnastics	<p>WALT: To learn and remember the seven gymnastics positions. To perform a selection of these shapes as jumps.</p> <p>WILF:</p> <ul style="list-style-type: none">I am looking for 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.	<p>WALT: Develop our balance. Learn nine different gymnastics balances. Create a variety of partner balances.</p> <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 partner balances.	<p>WALT: To travel in different ways on the floor and on level, sloped or balance beam. To dismount the balance beam by using a variety of jumps.</p> <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 a balance beam using correct technique and showing good landing shape.	<p>WALT: To learn and take part in drills which help us get closer to doing a range of different floor skills. To create and perform routine. To watch and peer assess.</p> <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.To perform a routine to the rest of the class.	<p>WALT: Perform a variety of different vaults. Use different methods of traveling and balance. To learn what improvisation is.</p> <p>WILF:</p> <ul style="list-style-type: none">To show safe mounting and dismounting of the vaults.To travel up benches using balance without falling.To jump off vaults and land safely.	<p>WALT: To perform a sequence of movements using a variety of different equipment. To use strength and coordination to safely climb up and down.</p> <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.



Year 5 Term 2 – Functional Fitness

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2A - Functional Fitness	<p>WALT: Learn speed and agility techniques for improved athletic performance.&nbsp;</p> <p>WILF: • Perform agility drills at an increased pace while maintaining control.&nbsp;</p> <p>• Adapt movement strategies based on environmental factors (e.g., space, obstacles).&nbsp;</p> <p>• Demonstrate leadership skills by guiding peers through agility challenges.</p>	<p>WALT: Learn strength and power techniques for improved athletic performance.&nbsp;</p> <p>WILF: • Increase resistance or load progressively to continue challenging muscle strength.&nbsp;</p> <p>• Demonstrate improved power and explosiveness in sport-specific movements.&nbsp;</p>	<p>WALT: • Learn muscular endurance through resistance.&nbsp;</p> <p>WILF: • Perform resistance exercises.</p> <p>• Increase resistance or intensity of exercises to continue challenging muscular endurance.&nbsp;</p>	<p>WALT: Introduce basic speed and agility movements to enhance coordination.&nbsp;</p> <p>WILF: • Engage in fundamental locomotor movements with control (e.g., running, skipping).&nbsp;</p> <p>• Respond to simple agility cues (e.g., change of direction, hopping on one foot).&nbsp;</p> <p>• Participate in group activities promoting spatial awareness and movement coordination.&nbsp;</p>	<p>WALT: • Progress strength and power techniques for improved athletic performance.&nbsp;</p> <p>WILF: • Increase resistance or load progressively to continue challenging muscle strength.&nbsp;</p> <p>• Demonstrate improved power and explosiveness in sport-specific movements.&nbsp;</p>	<p>WALT: • Introduce circuit training to improve overall endurance and stamina.&nbsp;</p> <p>WILF: • Complete circuits consisting of various exercises with minimal rest between stations.&nbsp;</p> <p>• Sustain effort and intensity throughout the entire circuit.&nbsp;</p> <p>• Participate in partner or team-based circuit challenges to foster camaraderie and motivation.&nbsp;</p>



Year 5 Term 2 – Multi Sports (1)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2B - Multi Sports Term 1	<p>WALT:</p> <ul style="list-style-type: none">• Improve our dribbling skills by maintaining close control of the ball while moving.• Develop our passing accuracy by using both short and long passes effectively. <p>WILF:</p> <ul style="list-style-type: none">• Successfully passing the ball to a teammate with precision.• Ability to keep the ball close to your feet while moving.	<p>WALT:</p> <ul style="list-style-type: none">• Understand and apply basic defending techniques in football, including marking and tackling.• Develop and improve shooting skills, focusing on accuracy and power. <p>WILF:</p> <ul style="list-style-type: none">• Successful tackling techniques that are safe and within the rules.• Accurate shots on target, aiming for different areas of the goal.	<p>WALT:</p> <ul style="list-style-type: none">• Learn and practice different types of passes.&nbsp;• Understand the importance of movement and positioning to keep the ball within the team.• Learn the basics of positioning and marking opponents. <p>WILF:</p> <ul style="list-style-type: none">• Use correct body position and technique to pass the ball accurately to a teammate.• Demonstrate the ability to keep control of the ball under pressure.&nbsp;• Apply defensive techniques such as marking and intercepting to successfully regain possession.	<p>WALT:</p> <ul style="list-style-type: none">• To make sure pupils understands the rules of travel in netball.&nbsp;• Aim and shoot the ball accurately towards a goal or target. <p>WILF:</p> <ul style="list-style-type: none">• Correct stance and balance when in possession of the ball.&nbsp;• Hitting the target consistently when shooting for goal.	<p>WALT:</p> <ul style="list-style-type: none">• Develop throwing and catching skills & improve agility and dodging skills.&nbsp;• Understand and apply the rules of dodgeball. <p>WILF:</p> <ul style="list-style-type: none">• Accurate and controlled throws.• Quick and effective dodging techniques.&nbsp;• Knowledge of the game rules.&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Application of the basic rules of dodgeball.&nbsp;• Work effectively as part of a team. <p>WILF:</p> <ul style="list-style-type: none">• Pupils know how to start a game, the boundaries, and the objective of eliminating opponents.• Pupils can explain the basic rules of dodgeball.&nbsp;



Year 5 Term 3 – Dance – Around the World

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - Dance- Around the World	<p>WALT: We are learning to dance in unison. We are learning to use repetition.</p> <p>WILF:</p> <ul style="list-style-type: none">I am looking for you to perform in unison.I looking for you to perform using repetition.	<p>WALT: To continue with the around the world theme.</p> <p>WILF:</p> <ul style="list-style-type: none">To learn how canon is developed within danceTo learn a set of different jumps and include the in our routine.	<p>WALT: To continue the theme of travel and develop the sequence further. To use travel within our movements.</p> <p>WILF:</p> <ul style="list-style-type: none">I am looking for travelling being used in different formations.I am looking for full engagement throughout the lesson.To discuss Chinese new year and the traditions that are used every year.	<p>WALT: To continue the theme of around the world. To learn a new style of dance Bollywood.</p> <p>WILF:</p> <ul style="list-style-type: none">Learn Bollywood section.Learn 2 skills: Retrograde & Solos.Develop everything learnt so far into a sequence.	<p>WALT: To continue the theme of around the world. To learn a and develop an African dance sequence. To learn what improvisation is.</p> <p>WILF:</p> <ul style="list-style-type: none">Learn African dance section.Learn a new skill, improvisation.To develop everything learnt so far into a sequence.	<p>WALT: To continue the theme of around the world. To learn about the rehearsal process. To rehearse the routine that we have been learning though out the previous weeks.</p> <p>WILF:</p> <ul style="list-style-type: none">Learn 2 skills: Rehearsal& Peer FeedbackRehearsing and showing all the skills and choreography they have learnt over the past 6 weeks.



Year 5 Term 3 – Multi Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1B - Multi Skills	<p>WALT: Master advanced running and jumping techniques and apply them to game situations.</p> <p>WILF:</p> <ul style="list-style-type: none">• Execute explosive running movements with maximal effort and acceleration, focusing on sprint mechanics.&nbsp;• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power.&nbsp;• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination.&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Develop advanced throwing and catching skills with accuracy and coordination.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Students can demonstrate proper throwing technique, including step, rotation and follow-through.&nbsp;• Students can adapt their throwing & catching techniques different game situations&nbsp;	<p>WALT:</p> <p>Develop fundamental bat and ball skills.</p> <p>WILF:</p> <p>Demonstrating proper grip and stance when using the bat.</p> <p>Showing control and accuracy when striking the ball.</p>	<p>WALT:</p> <ul style="list-style-type: none">• &nbsp;Develop speed and power through specialized running and jumping training.&nbsp;&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Execute explosive running movements with maximal effort and acceleration, focusing on sprint mechanics.&nbsp;• Perform advanced jumping techniques such as depth jumps, bounding, or plyometric drills with proper technique and power.&nbsp;• Participate in partner or team-based speed and power challenges, demonstrating competitiveness and determination.&nbsp;	<p>WALT:</p> <p>Improve coordination and accuracy in throwing and catching various objects</p> <p>WILF:</p> <ul style="list-style-type: none">• Demonstrating control and accuracy in both throwing and catching.• Ability to adjust throwing and catching techniques based on the type of object and distance.	<p>WALT:</p> <ul style="list-style-type: none">• Progress onto more advanced Bat & Ball activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Pupils should apply strategic thinking by choosing appropriate techniques based on game situations, adapting their approach to different opponents, and anticipating the trajectory of the ball.• Pupils should demonstrate problem-solving skills by quickly adapting to changing game conditions, identifying areas for improvement in their technique,



Year 5 Term 4 – Netball

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2A - Netball	<p>WALT: Understand and execute different types of passes in netball, such as chest passes and bounce passes.&nbsp;</p> <p>WILF: • Passes reaching the intended target with minimal interception. • Correct speed and force depending on the distance.</p>	<p>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.</p> <p>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.</p>	<p>WALT: • Develop accurate shooting techniques in netball.</p> <p>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.</p>	<p>WALT: • Understand the concept of travelling in netball.&nbsp;</p> <p>WILF: • Correct footwork and pivot techniques.&nbsp; • Demonstrate understanding by explaining the travelling rule in netball.</p>	<p>WALT: • Understand and demonstrate correct shooting technique. • Maintain possession under pressure through good decision-making and movement.</p> <p>WILF: • Ability to score from different angles. • Effective use of space and movement to retain possession. • Good communication with teammates to facilitate effective passing.</p>	<p>WALT: • Apply passing skills in small-sided games to enhance gameplay understanding.</p> <p>WILF: • Correct passing techniques.&nbsp; • &nbsp;Accurate and timely passes during small-sided games.</p>



Year 5 Term 4 – OAA

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2B - OAA	<p>WALT:</p> <ul style="list-style-type: none">• Work effectively as a team to complete an orienteering challenge. <p>WILF:</p> <ul style="list-style-type: none">• Pupils demonstrate cooperative behavior and share roles and responsibilities within the team. • Pupils can orient a map to the surroundings.	<p>WALT:</p> <ul style="list-style-type: none">• Understand the importance of effective communication and cooperation within a team. <p>WILF:</p> <ul style="list-style-type: none">• Pupils are coming up with innovative solutions to challenges and adapting their strategies as needed. • All pupils are engaged, contributing to discussions, and taking turns in different roles within the team.	<p>WALT:</p> <ul style="list-style-type: none">• Develop effective communication skills within a team setting. <p>WILF:</p> <ul style="list-style-type: none">• Pupils who communicate clearly and listen actively to their teammates. • Teams that work together to solve problems, showing persistence and adaptability.	<p>WALT:</p> <ul style="list-style-type: none">• Communicate clearly and collaborate with team members to achieve a goal. <p>WILF:</p> <ul style="list-style-type: none">• Work effectively as a team to complete orienteering challenges.• Clear & concise communication skills. 	<p>WALT:</p> <ul style="list-style-type: none">• Apply problem-solving skills to overcome obstacles in various OAA activities. <p>WILF:</p> <ul style="list-style-type: none">• Effective communication and cooperation within teams.• Creative problem-solving strategies.• Resilience and perseverance when facing challenges. 	<p>WALT:</p> <ul style="list-style-type: none">• Work collaboratively as a team to solve challenges and complete tasks. <p>WILF:</p> <ul style="list-style-type: none">• Effective communication within the team. • Problem-solving skills demonstrated through overcoming obstacles and challenges.• Cooperation and support among team members to achieve common goals.



Year 5 Term 5 – Tennis

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1A - Tennis	<p>WALT:</p> <ul style="list-style-type: none">• Develop and improve hand-eye coordination skills for tennis. <p>WILF:</p> <ul style="list-style-type: none">• Accurate and consistent ball control while dribbling the tennis ball with the racket.• Correct footwork and balance, moving smoothly around the court while maintaining control of the ball.	<p>WALT:</p> <ul style="list-style-type: none">• Understand the basic technique of a forehand shot in tennis. <p>WILF:</p> <ul style="list-style-type: none">• Holding the racket with the correct grip.&nbsp;• Hitting the ball consistently within the boundaries of the court.• Controlling the direction and power of the shot.	<p>WALT:</p> <ul style="list-style-type: none">• Understand the basic technique and positioning for a backhand shot in tennis. <p>WILF:</p> <ul style="list-style-type: none">• Correct grip and stance for a backhand shot.• Ability to consistently hit the ball over the net using a backhand shot.	<p>WALT:</p> <ul style="list-style-type: none">• Develop basic volley shot technique in tennis. <p>WILF:</p> <ul style="list-style-type: none">• Pupils should demonstrate the proper grip and ready position.&nbsp;• Pupils should be able to make controlled and accurate volleys, keeping the ball within the court.	<p>WALT:</p> <ul style="list-style-type: none">• Pupils will show proficiency in the basic techniques, including forehand, backhand, volley, and serve. <p>WILF:</p> <ul style="list-style-type: none">• Pupils demonstrate proper grip, stance, and swing techniques for forehand, backhand, volleys, and serves.• Students consistently hit the ball within the boundaries and can direct shots with accuracy.	<p>WALT:</p> <ul style="list-style-type: none">• Consolidate and refine all tennis skills learned in the previous lessons, including forehand, backhand, volley, and footwork. <p>WILF:</p> <ul style="list-style-type: none">• &nbsp;Execute a proper forehand stroke with accuracy and control.• &nbsp;Perform a backhand stroke with correct technique and consistency.• &nbsp;Practice volleying at the net with precision and quick reflexes.



Year 5 Term 5 – Multi Sports (2)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1B - Multi Sports Term 2	<p>WALT:</p> <ul style="list-style-type: none">• To improve passing accuracy and technique.• To develop an understanding of try scoring in rugby & try scoring techniques. <p>WILF:</p> <ul style="list-style-type: none">• Accurate passes that reach teammate's consistently.&nbsp;• Being able to score a try correctly without losing possession of the ball.&nbsp;&nbsp;	<p>WALT:</p> <ul style="list-style-type: none">• Improve our defending and kicking skills in rugby.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Understand the basic principles of defending in rugby.• Develop effective & correct kicking techniques.&nbsp;	<p>WALT:</p> <p>Develop fundamental basketball skills, focusing on passing and dribbling.</p> <p>WILF:</p> <p>Hold the ball with both hands, thumbs pointing towards each other. Push the ball out from your chest towards your teammate, with thumbs ending pointing down. Use your fingertips, not your palms, to control the ball.</p>	<p>WALT:</p> <p>Develop skills for maintaining possession and effectively shooting in basketball.</p> <p>WILF:</p> <p>Use body positioning to shield the ball from defenders. Keep your head up to be aware of defenders and teammates. Change speed and direction to maintain possession. Feet shoulder-width apart, dominant foot slightly forward. Use the fingertips to control the ball, with shooting hand under the ball and guide hand on the side.</p>	<p>WALT:</p> <p>Develop fundamental hockey skills, focusing on passing and maintaining possession.</p> <p>WILF:</p> <p>Hold the stick with both hands, with the left hand at the top and the right hand lower down. Keep the ball close to the stick, push the ball towards the target with a smooth motion. Use both sides of the stick to move the ball. Keep the ball close to the stick for better control. Keep your head up to be aware of defenders and teammates.</p>	<p>WALT:</p> <p>Develop fundamental hockey skills, focusing on dribbling and shooting.</p> <p>WILF:</p> <p>Use both sides of the stick to manouvre the ball. Practice switching hands while dribbling to maintain control and deceive defenders. Position the ball slightly ahead of the body, with the head of the stick near the ball. Step towards the target with the non-dominant foot. Keep the stick low and close to the ground when starting the shot.</p>



Year 5 Term 6 – World Sports

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2A - World Sports	<p>WALT:</p> <ul style="list-style-type: none">• Apply advanced Kabaddi techniques and strategic plays. <p>WILF:</p> <ul style="list-style-type: none">• Execute complex raiding tactics, challenging the defenders."• Coordinate team formations to optimise defence.• Analyse opponents' weaknesses and adapt strategies accordingly.	<p>WALT:</p> <ul style="list-style-type: none">• Refine tactics for both offensive and defensive play in Kabaddi. <p>WILF:</p> <ul style="list-style-type: none">• • 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.	<p>WALT:</p> <ul style="list-style-type: none">• Develop strategic play and advanced techniques in Volleyball. <p>WILF:</p> <ul style="list-style-type: none">• • 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.	<p>WALT:</p> <ul style="list-style-type: none">• Apply and adapt strategies during a game scenario in Volleyball. <p>WILF:</p> <ul style="list-style-type: none">• • 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.	<p>WALT:</p> <ul style="list-style-type: none">• • Apply advanced batting and fielding strategies in Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• • Execute strategic batting to exploit fielding gaps.• Coordinate complex fielding plays, like relay throws.• Anticipate opponents' actions and adapt strategies accordingly.	<p>WALT:</p> <ul style="list-style-type: none">• Refine batting strategies and defensive coordination in Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• • Execute strategic hits to exploit gaps in the field.• Coordinate advanced fielding techniques like double plays.• Demonstrate effective team communication and positioning.



Year 5 Term 6 – Athletics

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2B - Athletics	<p>WALT:</p> <ul style="list-style-type: none">• Refine sprinting techniques for optimal performance.&nbsp; • Develop strategies for improving sprint times. <p>WILF:</p> <ul style="list-style-type: none">• Mastery of sprinting techniques, including efficient arm drive and powerful leg action.&nbsp; • Application of strategies to enhance sprinting performance (e.g., explosive starts, maintaining form).	<p>WALT:</p> <ul style="list-style-type: none">• Explore advanced jumping techniques and variations.&nbsp; • Develop strategies for maximizing jumping performance. <p>WILF:</p> <ul style="list-style-type: none">• Mastery of advanced jumping techniques such as the scissors jump or single-leg take-off.&nbsp; • Application of strategies to improve jumping performance (e.g., approach speed, arm swing).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none">• Explore advanced throwing techniques and variations.&nbsp; • Develop strategies for maximizing throwing performance. <p>WILF:</p> <ul style="list-style-type: none">• Mastery of advanced throwing techniques such as the javelin throw or shotput.• Application of strategies to improve throwing performance (e.g., footwork, arm motion).&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none">• Explore advanced long-distance running strategies.&nbsp; • Develop strategies for maintaining focus and motivation during runs.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• Mastery of more advanced running techniques such as stride length and gate.&nbsp; • Application of strategies to maintain focus and motivation during runs.&nbsp; 	<p>WALT:</p> <ul style="list-style-type: none">• Progress sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.	<p>WALT:</p> <ul style="list-style-type: none">• Progress & practice sprinting, jumping, throwing & long-distance running techniques through different activities.&nbsp; <p>WILF:</p> <ul style="list-style-type: none">• An improvement on the skills learnt in week 1-4, demonstrated through competitive activities.&nbsp;



Year 6 Term 1 – Fundamental Movement Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1A - Fundamental Movement Skills	<p>WALT:</p> <ul style="list-style-type: none">• Introduce the principles of good running techniques.• Be able to begin a sprint race using the semi-crouched start. <p>WILF:</p> <ul style="list-style-type: none">• Practice running skills in a variety of games and activities.• Understand how techniques can be used to gain advantage over competitors.	<p>WALT:</p> <ul style="list-style-type: none">• Practise various two feet jumping and landing skills.• Understand the importance of a warm up. <p>WILF:</p> <ul style="list-style-type: none">• Demonstrate a soft landing, jumping a long distance, jumping and landing with feet together and apart.• Be able to talk about how a warm up can affect and benefit our bodies.	<p>WALT:</p> <ul style="list-style-type: none">• Continue developing the coordination of arms, eyes & leg. <p>WILF:</p> <ul style="list-style-type: none">• Expand on the hand-eye & foot-eye coordination developed in previous years, explaining what they are, and giving examples of where they'd be used.	<p>WALT:</p> <ul style="list-style-type: none">• Demonstrate their abilities at balancing their bodies.• Explain some scientific terms related to balance. <p>WILF:</p> <ul style="list-style-type: none">• Be able to balance in different shapes and positions without falling/wobbling.• Understanding and engaging their core can help with balancing.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to quickly move around the area and change direction.• Be able to use the whole body when moving quickly. <p>WILF:</p> <ul style="list-style-type: none">• Stay on the balls of their feet to allow them to change direction quickly.• Engage arms, legs and core when participating in agility focused exercises.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to keep possession of the ball in a game setting.• Understand why communication is important. <p>WILF:</p> <ul style="list-style-type: none">• Be able to find a space and pass into it.• Use verbal communication to talk to teammates to help successfully make a pass.



Year 6 Term 1 – Dance – Musical Theatre

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Autumn 1B - 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.



Autumn 2A - Functional Fitness

BECOME THE
Best version of yourself



Year 6 Term 2 – Invasion Games

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 2B - Invasion Games	<p>WALT: Consistently pass the ball to teammates stood different distances away and dribble the ball in different directions confidently.</p> <p>WILF:</p> <ul style="list-style-type: none">• Demonstrate the confidence and competence to pass, dribble and change direction in small sided games.• Demonstrate tactical understanding during games.	<p>WALT: Use a push shot to score goals.</p> <p>WILF:</p> <ul style="list-style-type: none">• Correct grip on the hockey stick.• A balanced stance whilst static or when dribbling.	<p>WALT: Pass, score and evade in Rugby game scenarios.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT: Catch the netball confidently, allowing phases of quick passing and shooting. To learn a new style of dance Bollywood.</p> <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT: Use correct shooting technique to score goals.</p> <p>WILF:</p> <ul style="list-style-type: none">• Striking the ball with the dominant foot, following through with the legs towards the intended target.• Use the laces or top of the foot to strike the ball with power.	<p>WALT: Understand and demonstrate the correct technique for passing a handball.</p> <p>WILF:</p> <ul style="list-style-type: none">• Consistently passing the ball to a teammate without it being intercepted or going out of bounds.• Demonstrating proper hand placement and follow through for different types of passes.



Year 6 Term 3 – Multi Skills (1)

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 1A - 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. </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>



Year 6 Term 3 – Gymnastics

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Spring 1B - Gymnastics	<p>WALT:</p> <ul style="list-style-type: none">• To learn and remember the nine gymnastic positions.&nbsp; • 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.&nbsp; • 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 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; 	<p>WALT:</p> <ul style="list-style-type: none">• 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. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• 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. <p>WILF:</p> <ul style="list-style-type: none">• 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.	<p>WALT:</p> <ul style="list-style-type: none">• 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. <p>WILF:</p> <ul style="list-style-type: none">• 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.



Year 6 Term 4 – Basketball

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2A - Basketball	<p>WALT:</p> <ul style="list-style-type: none">• Understand the difference between bounce pass and chest pass. <p>WILF:</p> <ul style="list-style-type: none">• Demonstrate the difference between a chest pass & bounce pass, through accurate passes to a partner.	<p>WALT:</p> <ul style="list-style-type: none">• Dribble the ball with one hand under pressure, passing and shooting when needed. <p>WILF:</p> <p>An understanding of how high to let the ball bounce before pushing it back to the ground, keeping the ball away from defenders.</p>	<p>WALT:</p> <ul style="list-style-type: none">• Maintain possession of the ball in attack, but retrieve possession when defending.• Use the body as a way to increase the distance between opposing players & the ball. <p>WILF:</p> <ul style="list-style-type: none">• Demonstrate the passing & dribbling techniques from week 1 to 2 to maintain possession when attacking.• Create distance between the defender & the ball to maintain possession, by moving the arm nearest the defender away from the body, and dribble with the other hand.	<p>WALT:</p> <ul style="list-style-type: none">• Understand how to hold the ball when shooting.• Know where to aim the ball when shooting. <p>WILF:</p> <ul style="list-style-type: none">• Be able to hold the ball with one hand on the back and one around the side.• Be able to aim at the backboard for a higher chance of shooting successfully.	<p>WALT:</p> <ul style="list-style-type: none">• Continue to improve passing, dribbling, possession & shooting 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> <p>Continue to improve passing, dribbling, possession & shooting techniques through activities & small sided games.</p> <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>



Year 6 Term 4 – Multi Skills

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Spring 2B - Multi Skills	<p>WALT:</p> <ul style="list-style-type: none">• Begin to understand what body parts are used when exercising.• Be able to correctly land each jump. <p>WILF:</p> <ul style="list-style-type: none">• When jumping, be able to recognise which muscles are working and how we can heighten and lengthen them.• Learn to land on the balls of our feet so we can continuously jump.	<p>WALT:</p> <ul style="list-style-type: none">• Continuously throw and catch the ball with correct technique.&nbsp;• Be able to use different throwing techniques depending on how far we are throwing. <p>WILF:</p> <ul style="list-style-type: none">• Demonstrate our understanding of how to catch the ball in a W shape and why we should do this.• Be able to correctly use the underarm throw to aim at close by targets.	<p>WALT:</p> <ul style="list-style-type: none">• Understand basic rules and apply them into games.• Be able to bowl at a target. <p>WILF:</p> <ul style="list-style-type: none">• Be able to play a simple game with minimal help.• Be able to repeatedly hit a target when bowling at different distances.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to evade taggers quickly.• Understand what muscles are used in different activities. <p>WILF:</p> <ul style="list-style-type: none">• Use side steps and small strides to be able to change directions quickly.• Be able to name basic muscle groups and identify when they are being used.	<p>WALT:</p> <ul style="list-style-type: none">• Learn how to correctly catch a ball.• Learn how to correctly pass a rugby ball. <p>WILF:</p> <ul style="list-style-type: none">• Understand why it's important to catch the ball in a W catch when playing in a game.• Be able to pass the rugby ball with the correct foot positioning and arm placements.	<p>WALT:</p> <ul style="list-style-type: none">• Understand how to safely and correctly stand when batting a ball. <p>WILF:</p> <ul style="list-style-type: none">• Stand with their weak leg close to the batter&nbsp;• to allow for a swing with no obstruction.



Year 6 Term 5 – Cricket

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1A - Cricket	<p>WALT: • Begin to learn how to bowl the ball correctly.</p> <p>WILF: Demonstrate how to hit the ball correctly using the correct grip. Gain an understanding of where to bowl the ball.</p>	<p>WALT: Be able to hit the ball consistently. Understand how to stand correctly when hitting the ball.</p> <p>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.</p>	<p>WALT: • Catch the ball consistently when fielding using a variety of techniques.</p> <p>WILF: Be able to put rules into a gaming situation. Understand what catching technique to use depending on how the ball is approaching.</p>	<p>WALT: Bowl accurately and consistently. Be able to use the correct technique.</p> <p>WILF: Use the correct overarm throwing technique to bowl. Be able to bowl with a small run up for power.</p>	<p>WALT: Learn tactics that can be used in a game. Be able to hit the ball accurately.</p> <p>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.</p>	<p>WALT: Be able to work together as a team successfully.</p> <p>WILF: Show good communication skills as a fielding team, such as moving forwards or backwards depending on where the ball could get hit.</p>



Year 6 Term 5 – Tennis

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 1B - 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>



Year 6 Term 6 – Athletics

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2A - 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 & 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 & 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>



Year 6 Term 6 – World Sports

Topic	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Summer 2B - World Sports	<p>WALT:</p> <ul style="list-style-type: none">• Refine Kabaddi skills and lead team strategies. <p>WILF:</p> <ul style="list-style-type: none">• Lead a team in a Kabaddi match, demonstrating leadership and strategy.• Perform advanced defensive skills like ankle hold and thigh hold.• Critically evaluate personal and team performance, suggesting improvements.	<p>WALT:</p> <ul style="list-style-type: none">• Lead advanced Kabaddi drills focusing on agility and strategic positioning. <p>WILF:</p> <ul style="list-style-type: none">• • Guide peers in practicing advanced techniques like chain tackles and quick retreats.• Critically analyse in-game scenarios to make real-time tactical adjustments.• Display enhanced leadership by directing team formations and plays.	<p>WALT:</p> <ul style="list-style-type: none">• Master Volleyball skills and lead in competitive scenarios. <p>WILF:</p> <ul style="list-style-type: none">• • Lead a team through complex rotations and strategies.• Execute spike and block techniques with precision.• Evaluate team performance, offering constructive feedback and adjustments.	<p>WALT:</p> <ul style="list-style-type: none">• Implement advanced offensive and defensive tactics in Volleyball. <p>WILF:</p> <ul style="list-style-type: none">• • Lead your team in executing set plays, like the 3-hit attack sequence.• Perform blocks and spikes with improved accuracy and timing.• Analyse opponents' weaknesses and adjust the team's approach mid-game.	<p>WALT:</p> <ul style="list-style-type: none">• Refine Danish Longball skills and lead team strategies. <p>WILF:</p> <ul style="list-style-type: none">• • Lead a team in strategic gameplay, both in batting and fielding.• Perform advanced fielding maneuvers with accuracy and speed.• Critically assess team and individual performance, suggesting tactical adjustments.	<p>WALT:</p> <ul style="list-style-type: none">• Lead in executing and adapting complex plays in Danish Longball. <p>WILF:</p> <ul style="list-style-type: none">• • Guide the team in setting up and executing advanced batting tactics.• Lead defensive plays that require quick thinking and precise execution.• Critically assess team and individual performances, making real-time strategic adjustments.