

## P.E. LTP 2025-2026

1	<p>Striking and Fielding skills 1 (PP) Cricket To develop hand-eye coordination. To develop catching skills batting, pitch, strike, on the move, communication, bowling, fielding, wickets</p>	<p>Fundamental movement skills 2 (PP) To work as a team to complete games and work on fine motor skills Free space, Own space, Opposite, Team</p>	<p>Dance – Animals Perform dances using simple movement patterns. Travel, Stillness, Direction Space, Beginning, Middle End, unison, canon, mirroring</p>	<p>Invasion Games skills 1 (PP) Learn how to intercept an opposing team Free space, Own space Opposite, Team</p>	<p>Target Games 1 (PP) Throw with accuracy to hit a target both near and far Work together as a team to complete an activity Throwing, moving target, obstacles, speed, distance</p>	<p>Striking and Fielding skills (PP) Strike a ball and get into a space to field Hit a ball with a bat Controlling, Shooting Scoring</p>
	<p>Multi-skills – Bootcamp To develop core strength, stability and resilience Personal challenge, core, strength, resilience</p>	<p>Net and wall games skills 1 (PP) How to send and receive a ball. Learned what a ready position looks like. Rebound, Follow, Aiming Speed, Direction, Passing Controlling</p>	<p>Gymnastics – Balancing and spinning (PP) Balance and spin on a variety of different body parts Explore a variety of apparatus moving in different ways extension, roll, copy, pathway, along, jump, land, balance, tension, curved, straight</p>	<p>Multi-skills – Bootcamp To develop core strength, stability and resilience Personal challenge, core, strength, resilience</p>	<p>Object manipulation (PP) To develop control over an object by throwing, kicking and dribbling. move, kick, throw, dribble, object</p>	<p>Athletics (PP) Practice a variety of skills such as running, hopping, skipping, balancing and throwing  Sports day. Accelerate, Baton, Relay, Push Take off, Landing, Evaluate Improve</p>
2	<p>Target Games Tri-golf (PP) What are the two different clubs called which we use in golf?</p>	<p>Gymnastics – spinning, turning, twisting (PP) To model what these words mean</p>	<p>Gymnastics – stretching, curling, arching (PP) To use arms to help me hop. To make a W shape to receive a catch</p>	<p>Striking and fielding game skills 2 (PP) To bowl overarm To return a ball underarm To strike a ball.</p>	<p>Target games 3 (PP) Show me how to position your body to throw well. Show me how to stand to roll a ball consistency,</p>	<p>Athletics 2 (PP) Striking and Fielding - Show me what these words mean</p>

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	Show me how to use each of them. Power, speed, accuracy, distance, timing	Tall Narrow Spring Crawl Tension Curve	combinations, sequence, front, back, routine, transitions	bowling, behaviour, acceptance, rules, backing up	obstacles, moving target, different heights	Leap Skip Hop Overarm Underarm Leap, Skip, Hop, Overarm, Underarm
	Invasion Games (PP)  To pass a ball and move into space to receive a pass To bend down using my knees and not by bending my back when playing a game to keep safe  dodge, pass, throw, bend, receive	Multi-skills Bootcamp  To develop core strength, stability and resilience Personal challenge, core, strength, resilience	Yoga (PP)  Why it is important to have quite while performing yoga. Show me what 3 part breathing is. Breathing, relaxation, position	Multi-skills Bootcamp  To develop core strength, stability and resilience Personal challenge, core, strength, resilience	Fundamental movement skills 3 (PP)  Show me how to dribble and pass a ball. Show me 3 ways to jump. Catching, Throwing, Follow, Aiming, Speed, Direction	Dance – mini beasts (PP)  To describe what rhythm means To describe what space means. Feelings, Body parts, Levels Directions, Pathways, Speed Rhythm
3	Gymnastics (PP)  Creating sequences using symmetrical and asymmetrical gymnastics moves Children know what symmetrical shapes look like. Children know how to work in time with a partner.	Invasion Game Skills(PP)  Learning to dodge, attack and defend with a ball Children know how to travel with their head up. Children can attack and defend. attack, receive, shield, hands,	Athletics (PP)  Running, jumping, throwing techniques Children know how to start a sprint race. Children know the technique associated with hurdling. Children know how to high jump. Children know the pull technique when throwing.	Invasion: Handball (PP)  Attacking and defending, using various tactics Children know the various rules of handball. Children know the importance of demonstrating values of teamwork and sportsmanship.	Net and Wall: Tennis (PP)  Attacking and retrieving a ball using various tactics Children know what the ready position is. Children know to hit the ball with a full backswing. Children know the rules of tennis and how to score. Keeping score, Making space	Invasion: Hockey (PP)  Attacking and defending, using various tactics Children know the rules of hockey. Children know the techniques for push passing.

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	<p>Children know different ways of performing with a partner.</p> <p>Symmetrical, Asymmetrical Combination, Evaluate, Improve</p>	<p>feet, control, dodge, evade</p>	<p>Children can improve on personal bests.</p> <p>Time, Stamina, obstacles Underarm, Overarm, Hurdles Landing, Sprint, Steady, pace</p>	<p>dummy, pass, move, close down, protect space, defend</p>	<p>Pass/send/receive</p>	<p>Children know the importance of good close control. Defending, Hitting, Stance</p>
	<p>Dance-Stone Age</p> <p>Children know how to translate images in to actions to communicate meaning.</p> <p>Space, Repeat, Dance Phrase Improvisation, Character, Gesture, Repetition Action and reaction</p>	<p>Multi-skills Bootcamp</p> <p>To develop core strength, stability and resilience</p> <p>Personal challenge, core, strength, resilience</p>	<p>Yoga (PP)</p> <p>Meditation and control.</p> <p>Children know breathing techniques.</p> <p>Children know how to meditate.</p> <p>Children know how to relax.</p> <p>breathing, pose, relaxation</p>	<p>Gymnastics- perform a range of gymnastic movements, linking movements seamlessly (PP)</p> <p>Children know the difference between a point and a patch.</p> <p>Children can spin with control.</p> <p>Children know how to perform asymmetrically and symmetrically and on different levels.</p> <p>Children have good quality transitions between movements.</p> <p>Symmetrical, Asymmetrical Combination, Evaluate, Improve</p>	<p>Multi-skills Bootcamp</p> <p>To develop core strength, stability and resilience</p> <p>Personal challenge, core, strength, resilience</p>	<p>Dance-Egyptians (PP)</p> <p>Children know how to translate images in to actions to communicate meaning.</p> <p>Space, Repeat, Dance Phrase Improvisation, Character, Gesture, Repetition Action and reaction</p>

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<b>4</b>	<p>Ultimate Frisbee Throw a backhand pass. Perform a crocodile catch Perform a pivot turn. Throw a curve pass. Demonstrate competence in the key skill of the game. Points, Goals, Rules, Tactics, Batting, Fielding, Offside, Pitch</p>	<p>Dodgeball (Net and Wall games) PP Develop the following skills: throwing, speed, agility, accuracy, dodging and teamwork. Keep possession, Keep the ball Scoring goals, Keeping score Making space, Pass/send/receive</p>	<p>Football - PP Dribble and control the ball in a marked-out area. Develop their agility and coordination skills. Effectively passing and receiving the ball. Develop and demonstrate sportsmanship Points, Goals, Rules, Tactics, Batting, Fielding, Offside, Pitch</p>	<p>Athletics - PP Recognise and name some athletic events and techniques. Practise existing basic running, throwing and jumping skills. Show some control and co-ordination when running and performing a jump or throw. Hurdles, Landing, Control, Preferred, Landing foot, Time Stamina, Obstacles, Stance</p>	<p>Basketball (Invasion games) PP Dribble and control the ball in a marked-out area. Develop their agility and coordination skills. Effectively passing and receiving the ball. Develop and demonstrate sportsmanship Points, Goals, Rules, Tactics, Batting, Fielding, Offside, Pitch</p>	<p>Rounders Catch high balls comfortably Backpedal to catch balls over me How to keep score To call my name if going for a high catch Defending, Hitting, Stance, Rounder, Backstop</p>
	<p>Gymnastics (Arching and bridging) PP Children will develop their balancing, flexibility and core strength throughout the gymnastic sessions. They will also begin to link skills to perform actions and sequences of movement. This will then lead onto the children being able to</p>	<p>Dance How to listen to other people's ideas and vocalise my own thoughts Show use of Canon and changes in Formation when creating and performing group section Space, Repeat, Dance Phrase Improvisation, Character, Gesture,</p>	<p>Multi-skills Bootcamp To develop core strength, stability and resilience Personal challenge, core, strength, resilience</p>	<p>Gymnastics (Skills 2 – Balance) PP Develop flexibility, strength, technique, control and balance by learning how to perform a range of: jumps, leaps, rolls, vault movements and round-offs. Choose effective linking moves to create sequences of movement. Adapt, improve and perform a movement sequence.</p>	<p>Archery Demonstrate proper stance, nocking, targeting, and release techniques. Follow basic safety procedures involved in handling and using archery equipment. Develop the basic skills necessary to enjoy archery as a sport. stance, nocking, targeting, release</p>	<p>Athletics Travel changing direction and speed easily. Show an awareness of space and know how to use it in games. Describe what happens to their breathing and heart rate during</p>

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	<p>perform with control and poise.</p> <p>Level, Wide, Tucked, Straight Twisted, Constructive</p>	<p>Repetition, Action and reaction</p>		<p>Level, Wide, Tucked, Straight Twisted, Constructive</p> <p>Swimming</p> <p>use a range of strokes effectively</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>front crawl, back stroke, breast stroke</p>	<p>use a range of strokes effectively</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p>different activity.</p> <p>Develop reaction, control and consistency in their skills.</p> <p>Change direction and speed</p> <p>Hurdles, Landing, Control, Preferred, Landing foot, Time</p> <p>Stamina, Obstacles, Stance</p> <p>Swimming</p> <p>use a range of strokes effectively</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>front crawl, back stroke, breast stroke</p>
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<b>5</b>	<p>Dance (PP) Explain what is meant by action and reaction How did you use these in your dance last year?  Variation, Improvisation, Unison, Canon, Action Reaction, Motif, Phrase Interpret, Exploration</p>	<p>Yoga Children know breathing techniques. Children know how to meditate. Children know how to relax. Children to develop flexibility and core strength pose, position, affirmation</p>	<p>Net and Wall - Tennis (PP) Explain the rules of the game Explain how to play Take part in the game, safely Court, Target, Net, Defending Hitting, Stance, Forehand, Backhand</p>	<p>Gymnastics-mirroring and contrasting (PP) What does mirroring/contrasting mean? Explain/show the following terms: Rotation Stamina Tucked Combine Safety Rotation, Stamina , Tucked, Combine, Safety</p>	<p>Handball (PP) Explain the rules of the game Explain how to play Take part in the game, safely Defending, Support, Marking, Covering, Repossession, Attackers, Defenders, Marking, Team play</p>	<p>Danish Longball (PP) Explain the rules of the game Explain how to play Take part in the game, safely Shooting, Shield ball Width, Depth</p>
	<p>Health Related Fitness (PP) Talk about the importance of keeping healthy Explain ways in which we can keep healthy health, fitness, wellbeing, physical, mental, balance</p>	<p>Team building and problem solving (PP) Explain how to work well as a team Solve problems as a team team, orienteering, location, direction, accuracy</p>	<p>Gymnastics-synchronisation and canon (PP) What does canon/unison mean? Explain/show the following terms: Rotation Stamina Tucked Combine Safety</p>	<p>OAA (PP) Explain what orienteering is Follow a map work as a team team, orienteering, location, direction, accuracy</p>	<p>Invasion game skills 4 (PP) Explain the rules of the game Explain how to play Take part in the game, safely Defending, Support, Marking Covering, Repossession Attackers, Defenders Marking, Team play  Multi-skills Bootcamp To develop core strength, stability and resilience</p>	<p>Athletics (PP) Explain/show: Landing foot Hurdles Stance Stamina Approach Stamina, Time, Projectory Release, Performance Accuracy, Target, Time Position, Measure, Control</p>

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					Personal challenge, core, strength, resilience	
6	<p>Invasion – Tag Rugby</p> <p>Running: Players need speed and agility to evade defenders and make breaks toward the try line.</p> <p>Passing: Accurate passing is crucial, with players often using a lateral or backward pass, as forward passes are not allowed.</p> <p>Tagging (Defending): Players must practice reaching out to remove an opponent's tag quickly and accurately to stop their progress.</p> <p>Dodging: The ability to change direction quickly</p>	<p>Indoor Athletics</p> <p>Explain/show:</p> <ul style="list-style-type: none"> <li>Landing foot</li> <li>Hurdles</li> <li>Stance</li> <li>Stamina</li> <li>Approach</li> <li>Leading leg, Hurdles, Throwing</li> <li>Speed, Accuracy, Take off, Stamina</li> </ul>	<p>Competitive-Skittleball</p> <ul style="list-style-type: none"> <li>Attacking</li> <li>Defending</li> <li>Teamwork</li> <li>Competition</li> <li>Chest pass</li> <li>landing foot, pivot and stepping</li> <li>Attacking, Defending, Teamwork, Competition, Chest pass, landing foot, pivot, stepping</li> </ul>	<p>Gymnastics – (Group Sequences PP)</p> <p>sequence of rolls formations and pathways</p> <p>change the dynamics within a sequence</p> <p>adapt a floor sequence to make it work on the apparatus</p> <p>Tension, Inverted, Judge, Dynamics, Combination, Canon</p> <p>Counter-tension, Counter-balance, Criteria, Performance</p> <p>Imaginative, Parallel, Creativity</p> <p>Flight, Timing,</p>	<p>Outdoor Activities (Residential)</p> <p>The importance of having a plan before I undertake a challenge</p> <p>How to keep a partner safe</p> <p>Where I need to position myself to give clear instructions and keep my partner safe</p> <p>How to use a simple map to navigate myself around</p> <p>Planning, leadership, communication, adaptability, coordination, enthusiasm</p>	<p>Athletics (PP)</p> <p>How to control my running over middle distance</p> <p>How running a bend differs from running a straight</p> <p>How to throw safely as part of a group</p> <p>To use my non-throwing arm to help me throw</p> <p>My take off foot and lead leg</p> <p>How to hurdle efficiently</p> <p>Leading leg, Hurdles, Throwing</p> <p>Speed, Accuracy, Take off, Stamina</p>

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	<p>helps players avoid being tagged.</p> <p>Support Play: Off-the-ball players should position themselves to receive a pass when the ball carrier is tagged.</p> <p>Ball Handling: Players need to handle the ball confidently, catch passes, and avoid dropping the ball.</p> <p style="color: red;">Try Tag Offside Knock on Pass Tag Belt Restart Attack Defence</p>					
	<p>Multi-skills Bootcamp</p> <p>To develop core strength, stability and resilience</p> <p style="color: red;">Personal challenge, core, strength, resilience</p>	<p>Multi-skills Speed Stacking</p> <p>Hand-eye coordination</p> <p>3-6-3 formation</p> <p>1-10-1 formation</p> <p>Speed Stacking formation, stack, hand-eye coordination</p>	<p>Dance (Dance through the ages PP)</p> <p style="color: blue;">(Swap with AT)</p> <p>A motif demonstrating agility, balance, coordination and precision</p> <p>Change static actions into</p>	<p>Invasion - Hockey (PP)</p> <p>Push passing</p> <p>Indian Dribble</p> <p>Jab tackle</p> <p>Pass and move</p> <p>Attack and defend.</p> <p style="color: red;">Push passing, Indian Dribble, Jab tackle, Pass and move, Attack and defend.</p>	<p>Dodgeball (PP)</p> <p>To aim low to get an opponent out</p> <p>Not to turn my back on the other team</p> <p>That by moving around I make myself more difficult to hit</p>	<p>Multi-skills Bootcamp</p> <p>To develop core strength, stability and resilience</p> <p style="color: red;">Personal challenge, core, strength, resilience</p>

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			<p>travelling movements Communication Good timing, execution and performance skills Improvisation, Unison, Canon Action, Reaction, Motif, Phrase Interpret, Exploration</p>		<p>What my own strengths are and where I can improve Who to target on the opposition and what tactics might be best deployed opponent, tactics, team, instructions, honesty, resilience, coordination, accuracy</p>	
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