



LTP - Physical Education

Athletics running, jumping and throwing	Dance Exploring, creation and performance of dance	Games Sending, receiving and travelling, Creating and playing games.	Gymnastics Movement Understanding and appreciation of gymnastics	Outdoor and adventure activities Walking, orienteering and outdoor challenges	Fundamental skills FMS are the building blocks for movement. running, jumping, travelling, throwing, catching, striking and fielding.	Yoga encourage flexibility, balance and strengthening of muscles as well as promoting relaxation and improving concentration.
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	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Nursery	All skills will be taught through continuous provision throughout the year and during PE sessions To develop spatial awareness, balance, coordination, confidence, gross and fine motor skills in physical sessions, outdoors and indoors and in classroom activities. To develop independence, self-care, basic hygiene and a knowledge of a healthy lifestyle. e.g., Musical movement and travelling in a variety of ways, running, climbing, ball skills, throwing, catching, kicking.					
	Locomotion 1	Personal Challenges	Dance Nursery Rhymes	Stability 1	Yoga	Athletics 1
Reception	All skills will be taught through continuous provision throughout the year and during PE sessions To develop movement and handling in physical sessions, outdoors, indoors and in classroom activities. To develop good control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space. To develop independence, self-care, basic hygiene and a knowledge of a healthy lifestyle.					

	Locomotion 2	Yoga	Dance Nursery Rhymes	Gymnastics - Flight, Bouncing, jumping and Landing	Net and Wall Games	Athletics
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PE 2025/26 Mixed Year 1/2 planning

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
KS1 - Y1 - FMS Underarm Throw lessons and plans. Fundamental Skills <i>underarm throw accuracy, different targets, side gallop, game tactics.</i>	KS1 FMS and Gymnastics - Jack and the Beanstalk Fundamental Skills <i>jump 2 feet 2 feet, overarm accuracy, egg roll, travel and roll shape, roll a ball accuracy</i>	Dance Miss Emma	KS1 - Y2 - Games - Net and Wall Fundamental Skills <i>catch a ball, ready position, hold a bat, catching a ball, strike a ball with accuracy, game tactics</i>	KS1 - Y1 Athletics Athletics <i>hopping with rhythm, rolling a ball accuracy, running, jumping safely,</i>	KS1 - Y2 Athletics Athletics <i>underarm, overarm throw for accuracy and distance,</i>
KS1 - FMS Kicking Unit lessons and plans. <i>explore different ways of kicking objects, kicking accuracy, receive a kick with control, kicking variety of equipment</i>	Dance Miss Emma	Yoga Old planning Year 2	KS1 - Y1 - Gymnastics Activities Core Task 1 lessons and plans.	KS1 - Y2 FMS Playground games in the 20th Century Invasion Games <i>dodging/charging, hopping skills, catching a ball control, underarm accuracy, ready position, strike a ball accuracy</i>	KS1 - Y2 - OAA The Great Outdoors