

England Lane Academy: Physical Education LTP

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>EYFS Development Matters: 3-4 years</p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 					
Outdoor and Adventurous Activity			Forest School			
Reception	<p>Reception</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 					
Outdoor and Adventurous Activity				Forest School		
Year 1 Basic Skills	Fundamental Movement Skills	Fundamental Movement Skills (Elite CPD)	Gymnastics (Balance and coordination)	Athletics	Multiskills (Coordination with equipment – striking and aiming)	Multiskills (Coordination with equipment – net and wall)
Application of Skills	Multisports (Team games – attacking/defending)	Multisports (Strategies/tactics – Dodgeball)	Dance (Simple movement patterns)	Sports Day Competitive Practice	Multisports (Target Games)	Multisports (Net and Wall Games)
Outdoor and Adventurous Activity	Forest School					
Year 2 Basic Skills	Fundamental Movement Skills	Fundamental Movement Skills (Elite CPD)	Gymnastics (Balance and coordination)	Athletics	Multiskills (Coordination with equipment – striking and aiming)	Multiskills (Coordination with equipment – net and wall)
Application of Skills	Multisports (Team games – attacking/defending)	Multisports (Strategies/tactics – Dodgeball)	Dance (Simple movement patterns)	Sports Day Competitive Practice	Multisports (Target Games)	Multisports (Net and Wall Games)
Outdoor and Adventurous Activity				Forest School		
Year 3 Basic Skills	Fundamental Movement Skills	Fundamental Movement Skills (Elite CPD)	Gymnastics (Flexibility, strength, technique, control and balance)	Swimming	Swimming	Swimming
Application of Skills	Netball (Ball skills – hands)	Basketball (Ball skills – hands and travel)	Dance (Range of movement patterns)	Sports Day Competitive Practice	Multiskills (Footwork, serving and basic strokes)	Tennis
Outdoor and Adventurous Activity		Forest School				
Year 4 Basic Skills	Fundamental Movement Skills (Elite CPD) Swimming	Swimming	Swimming	Athletics	Multiskills (Striking and fielding)	Multiskills (Coordination with equipment – dribbling/striking with hockey stick)
Application of Skills		Netball (Ball skills – hands)	Basketball (Ball skills – hands and travel)	Sports Day Competitive Practice	Cricket	Hockey
Outdoor and Adventurous Activity					Dallow Gill	Forest School
Year 5 Basic Skills	Fundamental Movement Skills (Elite CPD)	Fundamental Movement Skills	Gymnastics (Flexibility, strength, technique, control and balance)	Athletics	Multiskills (Striking and fielding)	
Application of Skills	Football (Ball skills – feet and travel)	Non-contact Rugby (Ball skills – hands, feet and travel)	Dance (Range of movement patterns)	Sports Day Competitive Practice	Rounders	World Sports (Kabaddi, Volleyball, Danish Longball, Ultimate Frisbee)
Outdoor and Adventurous Activity		Forest School				
Year 6 Basic Skills	Fundamental Movement Skills (Elite CPD)	Fundamental Movement Skills	Yoga (Flexibility, strength, technique, control and balance)	Athletics	Multiskills (Striking and fielding)	
Application of Skills	Football (Ball skills – feet and travel)	Non-contact Rugby (Ball skills – hands, feet and travel)	Dance (Range of movement patterns)	Sports Day Competitive Practice	Rounders	World Sports (Kabaddi, Volleyball, Danish Longball, Ultimate Frisbee)
Outdoor and Adventurous Activity	Dallow Gill					Forest School