

Whittington CE (VA) Primary School

PE LTP

Your Physical Education Journey starts here ...

EYFS

Cycle / Year	Autumn Term	Spring Term	Summer Term
EYFS	Cycle A – Movement Travelling, stopping, changing direction, balance, jumping and landing, using space safely.	Cycle A – Catching Developing hand-eye coordination through catching, receiving and simple movement games.	Cycle A – Mini Olympics: Track Running, relays, movement challenges and developing personal bests.
	Cycle B – Throwing Rolling, throwing, aiming and developing coordination with a range of equipment.	Cycle B – Target Games Aiming, throwing, accuracy, control and simple target-game understanding.	Cycle B – Mini Olympics: Field Throwing, jumping, aiming, distance and personal achievement.

Key Stage 1

Cycle / Year	Autumn Term	Spring Term	Summer Term
Cycle A	Football & Hockey Dribbling, control, passing, shooting and safe movement, simple attacking and defending roles.	Netball & Gymnastics Passing, receiving, movement and teamwork. Balances, travelling, rolls, jumps and simple sequences.	Tag Rugby & Handball Speed, agility, catching, throwing and footwork. Simple attacking and defending decisions.
Cycle B	Dance & Dodgeball Rhythm, space, levels and direction, creating movement sequences. Throwing, catching, evasion and simple game strategy.	Tennis & Cricket Racket control, striking, sending and receiving. Catching, throwing, batting, bowling and fielding.	Athletics & Rounders Running, jumping and throwing. Striking, catching, throwing, fielding, teamwork and decision making.

Key Stage 2

Cycle / Year	Autumn Term	Spring Term	Summer Term
Cycle A	Football & Hockey Developing and refining dribbling, control, passing, tackling and shooting, applying roles and responsibilities in and out of possession.	Netball & Gymnastics Refining passing, receiving, off-ball movement and communication. Developing strength, balance, control and sequences.	Tag Rugby & Handball Developing speed, agility and attacking/defending tactics, Catching, throwing, footwork, transition and decision making.
Cycle B	Dance & Dodgeball Composing, performing and evaluating movement, rhythm, space and theme. Throwing, catching, evasion, positioning and game strategy.	Tennis & Cricket Developing striking, serving, rallying and positioning. Batting, bowling, catching and fielding with tactical decision making.	Athletics & Rounders Developing track and field technique, running, jumping and throwing. Striking, fielding, teamwork, tactics and competition.

Whole-School PE & Sport

Autumn Term	Spring Term	Summer Term
Cross-country, football tournaments, tag rugby, fundamentals and fitness, lunchtime activities and seasonal clubs.		
	Netball, athletics, swimming galas, handball, gymnastics, tennis, inclusive SEND activity and competition.	
		Cricket, rounders, athletics, sports days, School Games/inter-school competitions, pupil leadership and officiating.

Assessment

September baseline scores are recorded focusing on, speed, jumping and throwing. Followed by a spring progress check. Finally, a summer end-of-year review is completed. Throughout the year ongoing observation of coordination, teamwork, decision making, fitness, confidence and leadership takes place.

SEND Provision

One 60-minute session each week for pupils from years reception - 6. Focusing on physical literacy, coordination, balance, movement confidence, throwing/catching, target games, adapted sports, athletics and inclusive competition.

Swimming

KS2 take part in 5, 45-minute swimming session at a local swimming pool focusing on water confidence, swimming competence and water safety.