



PE LTP 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Toilet & hand washing independence. Climb climbing frame ladder.	Develop large movements. Use one-handed tools.	Use and remember sequences and patterns of movements.	Develop physical skills appropriate to task.	Skip, hop, stand on one leg.	Pencil grip. Make healthy choices.
Reception	Parachute games (motor skills)	Gymnastics	Yoga	Ball skills	Multi-skills and team games	Dance
Year 1	Dance		Dance	Multi-skills	Games	OAA
	Gymnastics		Pilates (building core strength)	Yoga	Fitness	Athletics
Year 2	Multi-skills		Dance	Fitness	Athletics	
	Dance	Pilates	Gymnastics		Games	
Year 3	Swimming		Dance	Gymnastics	Yoga/Pilates	Tri-golf
	Multi-skills	Cricket	Fitness	Tennis	Netball	Athletics
Year 4	Swimming		Pilates	Hockey	Dance	Tennis
	OAA		Dance	Gymnastics	Tri-golf	Athletics
Year 5	Football	Cricket	Dance	Netball	Fitness	Athletics
	Gymnastics	Pilates	Hockey		Tag rugby	Rounders
Year 6	Netball	Dance / Gymnastics	Tag rugby		Fitness	Games
	Football		Dance	Hockey	OAA	Athletics