

PE LTP 2022-2023

	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	Dance	Multi-skills, ball games and small team games	
Year 1	Multi-skills (spatial awareness – lexercise)		Dance		Games (Icreate and Ithink ball games)	
	Gymnastics		Pilates	Yoga	Fundamental skills	
Year 2	Multi-skills (lexercise)		Games		Pilates	
	Dance		Gymnastics		Swimming	
Year 3	Invasion games		Net and wall		Yoga	Athletics
	Gymnastics		Striking and fielding (Kev – cricket)		Swimming	
Year 4	Invasion games		Swimming		Striking and fielding (Kev)	
	Dance		Net and wall		OAA	Athletics
Year 5	Tag rugby (Kev)	Football (Kev)	Netball		Hockey	Athletics
	Gymnastics		Swimming		Cricket (Kev)	
Year 6	Dance		Netball		Hockey	Rounders
	Tag rugby (Kev)	Football (Kev)	Cricket (Kev)		OAA (including Bikeability)	Athletics

Swimming 2023

Autumn 2023 = Y3 + Y4

Spring 2024 = Y2 + non-swimmers