Ludworth Physical Education Overview

KS1-KS2 Physical Education Objective Overview (2025-27)			
	Year 1 and 2	**Year 3 and 4**	**Year 5 and 6**
Subject Content	• Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.	• Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	
Invasion Games	• Participate in team games, developing simple tactics and defending	• Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis	• Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis, and apply basic principles suitable for attacking and defending
Dance	• Perform dances using simple movement patterns	• Perform dances using a range of movement patterns	• Perform dances using a range of movement patterns
Athletics	• Confidently perform basic movements including running, jumping, throwing and catching	• Running, jumping, throwing and catching in isolation	• Running, jumping, throwing and catching in isolation and in combination.
Gymnastics	• Develop flexibility, strength, technique, control and balance	• Develop flexibility, strength, technique, control and balance	• Develop flexibility, strength, technique, control and balance
OAA **(Outdoor adventure activities)**		• Take part in outdoor and adventurous activity challenges both individually and within a team	• Take part in outdoor and adventurous activity challenges both individually and within a team
Swimming		• Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations	• Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations

Cycle A and B LTP

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursey	**Physical Development** Our EYFS setting provides opportunities to develop gross and fine motor skills. Staff create games and provide opportunities for play both indoors and outdoors. We support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility through the use of varied equipment e.g. bikes, trikes, climbing apparatus, balancing equipment, balls, beanbags and building materials. **Personal, Social and Emotional Development** Through physical activity children are supported to manage emotions, develop a positive sense of self, set themselves simple goals and have confidence in their own abilities. Through adult modelling and guidance, they learn how to look after their bodies, including healthy eating. Through supported games and physical activities, opportunities are provided to work as a team, turn take and resolve conflicts.					
Reception	**Multi-skills** Top Play: Aiming, Movement, Sending and Receiving	**Gymnastics** ESSP Planning	**Dance** It's cold outside or Penguin Small Visits	**Games** Top Play: Aiming, Movement, Sending and Receiving Games	**Dance** Beside the seaside	**Athletics** Sports Day
Year 1 and 2 **Cycle A**	**Gymnastics** Y1 Making Shapes **Multi-skills** Skills: Static Balancing/ Moving into a space	**Gymnastics** Y1 Assessment Level 1 (apparatus) **Dance** Y2 Cat Dance	**Dance** Y1 Moving Along **Multi-skills** Throwing – overarm, underarm	**Games** Y2 Piggy in the Middle **Games** Y1 Rollaball	**Games** Y2 Mini Tennis **Multi-skills** Vertical Jump, leap, hopping	**Athletics** Y2 Colour Match **O.A.A (Optional)** Y1 Where Are We Going?
Year 1 and 2 **Cycle B**	**Gymnastics** Y2 Families in Action **Dance** Y2 How Does It Feel	**Gymnastics** Y2 Assessment Level 1-2 **Multi-skills** Skills: Catching – close/ far large/small balls	**Dance** Y1 Themes and Dreams **Multi-skills** Skills: Dynamic Balance – Kicking and Punting	**Games** Y1 Beanbag Throw **Games** Y1 - 10 Point Hoops **DANCE FESTIVAL**	**Games** Y2 Kick Rounders **Multi-skills** Running	**Athletics** Y1 Off, Up and Away **O.A.A (Optional)** Y2 Ship Wrecked

Year 3 and 4 **Cycle A**	**Gymnastics** Y3 Balancing Act Y3 Assessment Level 2-3 **Games** Y3 Skittles *Basketball* *Invasion Games*	**Dance** Y4 Machines **Multi-skills** SAQ Circuits	**Dance** Y3 Round the clock **Swimming**	**Games** Y4 Minis Tennis 2 *Tennis* *Net and Wall* **Swimming**	**Games** Y3 Boundary Line *Cricket* *Striking and Fielding* **Swimming**	**Athletics** Y3 Faster, higher, Further Y4 Pass the Baton **O.A.A** Y3 Gone Fishing! **Swimming**
Year 3 and 4 **Cycle B**	**Gymnastics** Y4 Partner Work Y4 Assessment Level 2-3 **Games** Y4 On the Attack *Basketball* *Invasion Games*	**Dance** Y4 Electricity **Multi-skills** SAQ Circuits	**Dance** Y3 Time to Erupt! **Swimming**	**Games** Y4 End Zone *Hockey* *Invasion Games* **Swimming** **DANCE FESTIVAL**	**Games** Y3 Arc Rounders *Rounders* *Striking and Fielding* **Swimming** **MINI-TENNIS SKILLS Y3,4 &5**	**Athletics** Y3 Faster, higher, Further Y4 Pass the Baton **O.A.A** Y4 Search and Rescue **Swimming**

Year 5 and 6 **Cycle A**	**Games** Y5 Grid Rugby *Rugby* *Invasion Games* **Swimming**	**Multi-skills** SAQ Circuits **Swimming**	**Dance** Y5 What's so funny **Gymnastics** Y6 Group Dynamics Y6 Assessment Level 4-5	**Games** Y6 Long and Thin *Badminton* *Net and Wall*	**Games** Y6 Paris Cricket *Cricket* *Striking and Fielding* **Games** Y6 Calling the Shots *Football* *Invasion Games*	**Athletics** Y5 – Distance Challenge Y6 – Three Jump Challenge **O.A.A** Y5 – Where am I? **CRICKET**
Year 5 and 6 **Cycle B**	**Games** Y6 Tag Rugby *Rugby* *Invasion Games* **Swimming**	**Multi-skills** SAQ Circuits **Swimming**	**Dance** Y6 Street Dance **Gymnastics** Y5 Acrobatic Gymnastics Y5 Assessment Level 3-4	**Games** Y5 What a Racket *Tennis* *Net and Wall*	**Games** Y5 Runners *Cricket* *Striking and Fielding* **Games** Y5 Zoom Rounders *Rounders* *Striking and Fielding* **MINI-TENNIS SKILLS Y3,4 &5**	**Athletics** Y5 – Distance Challenge Y6 – Three Jump Challenge **O.A.A** Y6 - Crystal Star Challenge **CRICKET**