

PHYSICAL EDUCATION

INTENT – Luddenden CE School is committed to promoting an environment that nurtures health, self-respect and achievement. Our approach aims to engage and challenge every child. Through our PE Curriculum, we aim for all our pupils to build the core strength, balance, coordination, agility and determination to enjoy and succeed in any sporting or physical activity. We provide a clear learning journey which develops pupils’ personal, social, physical, health & fitness, cognitive and creative abilities. Our core values in PE are teamwork, perseverance, courage and respect.

IMPLEMENTATION – All pupils will experience range of sporting activities through a minimum of 2 hours of PE per week. We use high quality resources, including [Real PE](#) and [PE Planning](#) to support the successful planning and delivery of a broad and balanced PE curriculum. We ensure inclusivity through our child-centred approach, and the addition and adaptation of a wide range of challenges, games and skill applications. Play equipment will also be used to enhance pupils’ experiences and provide additional opportunities to build strength, balance, agility and coordination.

IMPACT – Pupils enjoy PE. Pupils develop the key abilities they need to be successful within PE and sport and across the curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Nursery Focus Gross Motor objectives	Climb stairs, steps, move across climbing equipment using alternate feet. Maintain balance using hands and body to stabilise	Balance on one foot Grasp and release with two hands to throw and catch a large ball, beanbag or an object	Run with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles	Balance on one foot or in a squat momentarily, shifting body weight to improve stability	Use large-muscle movements to wave flags and streamers, paint and make marks.	Develop their balance, ball skills, riding, bikes
Reception/Year 1 Cycles A & B	REAL PE R/Y1 Unit 1: Coordination & Balance - Footwork - One leg balance NC: Ball Skills – throwing & catching 1. Rolling, rolling, rolling - Track & receive a ball 2. Throwing underarm – throw underarm 3. Can I Catch? – catch an object by myself 4. All together now – throw & catch an object with a partner 5. Bouncing along – bounce a ball on the spot 6. Throw & Catch carousel – throw, catch & bounce an object	REAL PE R/Y1 Unit 2: Static & Dynamic Balance - Jumping & landing - Seated balance NC: Bat & Ball skills 1. Holding a racket – hold a racket correctly & use it to control a bean bag 2. Strike it – use a racket to hit a ball or bean bag with control 3. Game time – apply racket skills to a target game 4. Cricket bats – use a cricket bat to control a ball along the ground 5. Bat the ball – use a cricket bat to hit a ball with control 6. Use your skills – apply bat & ball skills to play a small-sided game	REAL PE R/Y1 Unit 3: Static & Dynamic Balance - Dynamic Balance - Stance NC: Dance – PEP R/1 1. Introduction to Dance 2. Moving in Character 3. Working Together 4. Creativity and Imagination 5. Finishing the Routine 6. Mask Making and Performance	REAL PE R/Y1 Unit 4: Coordination & counterbalance - Ball skills - Counter balance NC: Gymnastics – PEP1 1. Travelling 2. Balances 3. Rolls 4. Jumps 5. Linking Movements 6. Performance	REAL PE R/Y1 Unit 5: Coordination & agility - Sending & receiving - Reaction/response NC: Invasion games 1. Fairground fun – travel in different ways with control 2. Roll-a-ball – travel with a ball in different ways 3. Monorail – control a ball while traveling in different directions 4. Pinball – change direction quickly while travelling with a ball 5. Coconut shy – pass the ball to another player 6. All the fun of the fair – use travelling & passing skills in a game	REAL PE R/Y1 Unit 3: Agility & Balance - Ball chasing - Floor work NC: Athletics – Running & Jumping 1. Changing Gears – move at different speeds 2. Changing routes – move along different pathways 3. Kangaroos – jump for height 4. Jumping frogs – jump for distance 5. Island lumping – jump in different ways 6. Shadow Jumping – perform a jumping sequence
Year 2/3 Cycle A	REAL PE Y3 Unit 1: Coordination & Balance - Footwork - One leg balance NC: Ball skills - Tag Rugby PEP2/3 1. Introduction 2. Introduction Continued 3. Passing Development 4. Passing and Tactics 5. Developing Understanding 6. Simple Games	REAL PE Y2 Unit 2: Balance & Agility - Jumping & landing - Seated balance NC: Dance PEP2 1. Introduction to Dance 2. Moving to the Beat 3. Developing the Dance 4. Create Your Own Phrase 5. Finishing the Routine 6. Performance	REAL PE Y2 Unit 3: Static & Dynamic Balance - Dynamic Balance - Stance NC: Ball & stick skills – Hockey PEP2/3 1. Introduction 2. Coordination and Movement 3. Ball Control 4. Dribbling 5. Passing 6. Final Lesson	REAL PE Y3 Unit 4: Coordination & counterbalance - Sending & receiving - Counter balance NC: Gymnastics – PEP2/3 1. Travelling 2. Shapes & Balances 3. Rolls 4. Jumping 5. Leaps & Hand Apparatus 6. Apparatus Routines	REAL PE Y3 Unit 5: Agility & static balance - Reaction/response - Floor work NC: Football PEP2/3 1. Introduction 2. Coordination and Movement 3. Ball Control 4. Dribbling 5. Passing 6. Final Lesson	REAL PE Y2 Unit 6: Agility & Balance - Ball chasing - Floorwork NC: Athletics PEP2/3 1. Introduction 2. Coordination and Movement 3. Running (Sprinting) 4. Jumping 5. Throwing 6. Running for Distance
Year 2/3 Cycle B	REAL PE Y2 Unit 1: Coordination & Balance - Footwork - One leg balance NC: Football PEP2/3 1. Introduction 2. Ball Control 3. Dribbling 4. Passing 5. Shooting 6. Final Lesson	REAL PE Y3 Unit 2: Dynamic & Static balance - Jumping & landing - Seated balance NC: Ball skills – Netball PEP2/3 1. Introduction 2. Ball Control 3. Aiming 4. Passing: Throwing and Catching 5. Simple Games 6. Final lesson	REAL PE Y3 Unit 3: Balance & Coordination - Dynamic Balance - Ball skills NC: Gymnastics – PEP2/3 1. Travelling 2. Shapes & Balances 3. Rolls 4. Jumping 5. Leaps & Hand Apparatus 6. Apparatus Routines	REAL PE Y2 Unit 4: Coordination & counterbalance - Ball skills - Counter balance NC: Dance PEP3 1. Introduction to Street Dance 2. Fluency of Movement 3. Choreography and Cooperation 4. Partner Work 5. Creative Tutting 6. Performance	REAL PE Y2 Unit 5: Coordination & agility - Sending & receiving - Reaction/response NC: Rounders PEP2/3 1. Introduction 2. Fielding- Ball Skills 3. Fielding- Throwing and Catching 4. Batting 5. Simple Games 6. Final lesson	REAL PE Y3 Unit 6: Agility & Static Balance - Ball chasing - Stance NC: Athletics PEP2/3 1. Introduction 2. Coordination and Movement 3. Running 4. Jumping 5. Throwing 6. Final Lesson
Year 4	Football PEP4 Lesson 1 – Introduction Lesson 2 – Dribbling Lesson 3 – Passing Lesson 4 – Shooting Lesson 5 – Attacking Play Lesson 6 – Final Lesson SWIMMING	Tag Rugby PEP4 Lesson 1 – Ball Control and Working as a Team Lesson 2 – Accurate Passing & Catching in a Team Lesson 3 – Attacking Lesson 4 – Defending and Tagging Lesson 5 – Circuit- Skills and Tactics Lesson 6 – Competition SWIMMING	Dance PEP4 Lesson 1 – Introduction to Dance Lesson 2 – Performing in Character Lesson 3 – Building the Dance Lesson 4 – To the Beat Lesson 5 – Group Choreography Lesson 6 – Performance SWIMMING	Gymnastics PEP4 Lesson 1 – Travelling Lesson 2 – Shapes & Balances Lesson 3 – Rolls Lesson 4 – Jumps Lesson 5 – Group Sequences Lesson 6 – Apparatus & Performance SWIMMING	Athletics PEP4 Lesson 1 – Introduction Lesson 2 – Running Lesson 3 – Jumping Lesson 4 – Throwing Lesson 5 – Relay Races Lesson 6 – Final Lesson SWIMMING	Rounders PEP4 Lesson 1 – Introduction Lesson 2 – Fielding- Throwing and Catching Lesson 3 – Batting- Hitting into Space Lesson 4 – Bowling- Underarm Lesson 5 – Tournament Lesson 6 – Final Lesson SWIMMING

PHYSICAL EDUCATION MEDIUM TERM OVERVIEW

Year 5/6 Cycle A	Outdoor & adventurous PEP6 1. Problem Solving 2. Teamwork 3. Picture Orienteering 4. Indoor Mapping 5. Single Control Event 6. Control Plotting SWIMMING	Invasion Games – Netball PEP6 1. Introduction 2. Passing 3. Attacking Play 4. Defending Play 5. Tournament 6. Final Lesson SWIMMING	Gymnastics PEP6 1. Travelling 2. Shapes & Balances 3. Rolls 4. Jumps 5. Apparatus & Group Work 6. Group Performance SWIMMING	Dance PEP6 1. Introducing the Dance 2. Question and Answer 3. Canon and Unison 4. Confidence and Timing 5. Group Choreography 6. Performance SWIMMING	Cricket PEP6 1. Introduction 2. Fielding- Tactics 3. Bowling- Tactics 4. Batting- Tactics 5. Tournament 6. Final Lesson SWIMMING	Athletics PEP6 1. Introduction 2. Run for Speed 3. Throwing for Distance 4. Jump for Distance 5. Mini Olympics 6. Final Lesson SWIMMING
Year 5/6 Cycle B	Ball skills – Tag Rugby PEP6 Lesson 1 – Coordination, Control and Cooperation Lesson 2 – Cooperation with Teammates to Pass and Move Lesson 3 – Attacking and Tagging Lesson 4 – Defending Lesson 5 – Circuit- Skills and Tactics Lesson 6 – Competition SWIMMING	Football PEP5 Lesson 1 – Introduction Lesson 2 – Passing Lesson 3 – Attacking Play Lesson 4 – Defending Play Lesson 5 – Tournament Lesson 6 – Final Lesson SWIMMING	Gymnastics PEP5 Lesson 1 - Travelling Lesson 2 – Individual Balances Lesson 3 – Rolls Lesson 4 – Jumps Lesson 5 – Sequences Lesson 6 – Hand Apparatus & Performance SWIMMING	Dance PEP5 Lesson 1 – Finding the Beat Lesson 2 – Coordination and Cooperation Lesson 3 – Tutting Lesson 4 – Dancing in Unison Lesson 5 – Group Choreography Lesson 6 – Performance SWIMMING	Rounders PEP5 Lesson 1 – Introduction Lesson 2 – Fielding Tactics Lesson 3 – Bowling Lesson 4 – Batting- Tactics Lesson 5 – Tournament Lesson 6 – Final Lesson SWIMMING	Athletics PEP5 Lesson 1 – Introduction Lesson 2 – Run for Speed Lesson 3 – Throwing for Distance Lesson 4 – Jump for Distance Lesson 5 – Mini Olympics Lesson 6 – Final Lesson SWIMMING