

## 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
<b>Nursery Focus Gross Motor objectives</b>	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
<b>Reception/Year 1 Cycles A &amp; B</b>	<b>REAL PE R/Y1 Unit 1: Coordination &amp; Balance</b> <ul style="list-style-type: none"> <li>Footwork</li> <li>One leg balance</li> </ul> NC: <b>Ball Skills</b> – throwing & catching <ol style="list-style-type: none"> <li>Rolling, rolling, rolling - Track &amp; receive a ball</li> <li>Throwing underarm – throw underarm</li> <li>Can I Catch? – catch an object by myself</li> <li>All together now – throw &amp; catch an object with a partner</li> <li>Bouncing along – bounce a ball on the spot</li> <li>Throw &amp; Catch carousel – throw, catch &amp; bounce an object</li> </ol>	<b>REAL PE R/Y1 Unit 2: Static &amp; Dynamic Balance</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>Seated balance</li> </ul> NC: <b>Bat &amp; Ball skills</b> <ol style="list-style-type: none"> <li>Holding a racket – hold a racket correctly &amp; use it to control a bean bag</li> <li>Strike it – use a racket to hit a ball or bean bag with control</li> <li>Game time – apply racket skills to a target game</li> <li>Cricket bats – use a cricket bat to control a ball along the ground</li> <li>Bat the ball – use a cricket bat to hit a ball with control</li> <li>Use your skills – apply bat &amp; ball skills to play a small-sided game</li> </ol>	<b>REAL PE R/Y1 Unit 3: Static &amp; Dynamic Balance</b> <ul style="list-style-type: none"> <li>Dynamic Balance</li> <li>Stance</li> </ul> NC: <b>Dance – PEP R/1</b> <ol style="list-style-type: none"> <li>Introduction to Dance</li> <li>Moving in Character</li> <li>Working Together</li> <li>Creativity and Imagination</li> <li>Finishing the Routine</li> <li>Mask Making and Performance</li> </ol>	<b>REAL PE R/Y1 Unit 4: Coordination &amp; counterbalance</b> <ul style="list-style-type: none"> <li>Ball skills</li> <li>Counter balance</li> </ul> NC: <b>Gymnastics – PEP1</b> <ol style="list-style-type: none"> <li>Travelling</li> <li>Balances</li> <li>Rolls</li> <li>Jumps</li> <li>Linking Movements</li> <li>Performance</li> </ol>	<b>REAL PE R/Y1 Unit 5: Coordination &amp; agility</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Reaction/response</li> </ul> NC: <b>Invasion games</b> <ol style="list-style-type: none"> <li>Fairground fun – travel in different ways with control</li> <li>Roll-a-ball – travel with a ball in different ways</li> <li>Monorail – control a ball while traveling in different directions</li> <li>Pinball – change direction quickly while travelling with a ball</li> <li>Coconut shy – pass the ball to another player</li> <li>All the fun of the fair – use travelling &amp; passing skills in a game</li> </ol>	<b>REAL PE R/Y1 Unit 3: Agility &amp; Balance</b> <ul style="list-style-type: none"> <li>Ball chasing</li> <li>Floor work</li> </ul> NC: <b>Athletics – Running &amp; Jumping</b> <ol style="list-style-type: none"> <li>Changing Gears – move at different speeds</li> <li>Changing routes – move along different pathways</li> <li>Kangaroos – jump for height</li> <li>Jumping frogs – jump for distance</li> <li>Island lumping – jump in different ways</li> <li>Shadow Jumping – perform a jumping sequence</li> </ol>
<b>Year 2/3 Cycle A</b>	<b>REAL PE Y3 Unit 1: Coordination &amp; Balance</b> <ul style="list-style-type: none"> <li>Footwork</li> <li>One leg balance</li> </ul> NC: <b>Ball skills - Tag Rugby PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Introduction Continued</li> <li>Passing Development</li> <li>Passing and Tactics</li> <li>Developing Understanding</li> <li>Simple Games</li> </ol>	<b>REAL PE Y2 Unit 2: Balance &amp; Agility</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>Seated balance</li> </ul> NC: <b>Dance PEP2</b> <ol style="list-style-type: none"> <li>Introduction to Dance</li> <li>Moving to the Beat</li> <li>Developing the Dance</li> <li>Create Your Own Phrase</li> <li>Finishing the Routine</li> <li>Performance</li> </ol>	<b>REAL PE Y2 Unit 3: Static &amp; Dynamic Balance</b> <ul style="list-style-type: none"> <li>Dynamic Balance</li> <li>Stance</li> </ul> NC: <b>Ball &amp; stick skills – Hockey PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Coordination and Movement</li> <li>Ball Control</li> <li>Dribbling</li> <li>Passing</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y3 Unit 4: Coordination &amp; counterbalance</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Counter balance</li> </ul> NC: <b>Gymnastics – PEP2/3</b> <ol style="list-style-type: none"> <li>Travelling</li> <li>Shapes &amp; Balances</li> <li>Rolls</li> <li>Jumping</li> <li>Leaps &amp; Hand Apparatus</li> <li>Apparatus Routines</li> </ol>	<b>REAL PE Y3 Unit 5: Agility &amp; static balance</b> <ul style="list-style-type: none"> <li>Reaction/response</li> <li>Floor work</li> </ul> NC: <b>Football PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Coordination and Movement</li> <li>Ball Control</li> <li>Dribbling</li> <li>Passing</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y2 Unit 6: Agility &amp; Balance</b> <ul style="list-style-type: none"> <li>Ball chasing</li> <li>Floorwork</li> </ul> NC: <b>Athletics PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Coordination and Movement</li> <li>Running (Sprinting)</li> <li>Jumping</li> <li>Throwing</li> <li>Running for Distance</li> </ol>
<b>Year 2/3 Cycle B</b>	<b>REAL PE Y2 Unit 1: Coordination &amp; Balance</b> <ul style="list-style-type: none"> <li>Footwork</li> <li>One leg balance</li> </ul> NC: <b>Football PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Ball Control</li> <li>Dribbling</li> <li>Passing</li> <li>Shooting</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y3 Unit 2: Dynamic &amp; Static balance</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>Seated balance</li> </ul> NC: <b>Ball skills – Netball PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Ball Control</li> <li>Aiming</li> <li>Passing: Throwing and Catching</li> <li>Simple Games</li> <li>Final lesson</li> </ol>	<b>REAL PE Y3 Unit 3: Balance &amp; Coordination</b> <ul style="list-style-type: none"> <li>Dynamic Balance</li> <li>Ball skills</li> </ul> NC: <b>Gymnastics – PEP2/3</b> <ol style="list-style-type: none"> <li>Travelling</li> <li>Shapes &amp; Balances</li> <li>Rolls</li> <li>Jumping</li> <li>Leaps &amp; Hand Apparatus</li> <li>Apparatus Routines</li> </ol>	<b>REAL PE Y2 Unit 4: Coordination &amp; counterbalance</b> <ul style="list-style-type: none"> <li>Ball skills</li> <li>Counter balance</li> </ul> NC: <b>Dance PEP3</b> <ol style="list-style-type: none"> <li>Introduction to Street Dance</li> <li>Fluency of Movement</li> <li>Choreography and Cooperation</li> <li>Partner Work</li> <li>Creative Tutting</li> <li>Performance</li> </ol>	<b>REAL PE Y2 Unit 5: Coordination &amp; agility</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Reaction/response</li> </ul> NC: <b>Rounders PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Fielding- Ball Skills</li> <li>Fielding- Throwing and Catching</li> <li>Batting</li> <li>Simple Games</li> <li>Final lesson</li> </ol>	<b>REAL PE Y3 Unit 6: Agility &amp; Static Balance</b> <ul style="list-style-type: none"> <li>Ball chasing</li> <li>Stance</li> </ul> NC: <b>Athletics PEP2/3</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Coordination and Movement</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Final Lesson</li> </ol>
<b>Year 4/5 Cycle A</b>	<b>REAL PE Y4 Unit 1: Coordination &amp; Balance</b> <ul style="list-style-type: none"> <li>Footwork</li> <li>One leg balance</li> </ul> NC: <b>Football PEP4</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Dribbling</li> <li>Passing</li> <li>Shooting</li> <li>Attacking Play</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y5 Unit 2: Dynamic &amp; counterbalance</b> <ul style="list-style-type: none"> <li>Dynamic balance</li> <li>Counter balance</li> </ul> NC: <b>Ball &amp; stick skills – Hockey PEP4/5</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Stick and Ball Familiarisation</li> <li>Dribbling</li> <li>Passing</li> <li>Shooting</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y4 Unit 3: Balance &amp; Coordination</b> <ul style="list-style-type: none"> <li>Dynamic Balance</li> <li>Ball skills</li> </ul> <p><b>SWIMMING</b></p>	NC: <b>Dance PEP4</b> <ol style="list-style-type: none"> <li>Introduction to Dance</li> <li>Performing in Character</li> <li>Building the Dance</li> <li>To the Beat</li> <li>Group Choreography</li> <li>Performance</li> </ol> <p><b>SWIMMING</b></p>	NC: <b>Rounders PEP4/5</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Fielding- Throwing and Catching</li> <li>Batting- Hitting into Space</li> <li>Bowling- Underarm</li> <li>Tournament</li> <li>Final Lesson</li> </ol> <p><b>SWIMMING</b></p>	<b>REAL PE Y5 Unit 6: Coordination &amp; agility</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Ball chasing</li> </ul> <p><b>SWIMMING</b></p>

<b>Year 4/5</b> <b>Cycle B</b>	<b>REAL PE Y5 Unit 1: Coordination &amp; Agility</b> <ul style="list-style-type: none"> <li>Ball skills</li> <li>Reaction/response</li> </ul> <b>NC: Ball skills – Tag Rugby PEP4/5</b> <ol style="list-style-type: none"> <li>Ball Control and Working as a Team</li> <li>Accurate Passing and Catching in a Team</li> <li>Attacking</li> <li>Defending and Tagging</li> <li>Circuit- Skills and Tactics</li> <li>Competition</li> </ol>	<b>REAL PE Y4 Unit 2: Static &amp; Dynamic Balance</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>Seated balance</li> </ul> <b>NC: Football PEP5</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Passing</li> <li>Attacking Play</li> <li>Defending Play</li> <li>Tournament</li> <li>Final Lesson</li> </ul>	<b>NC: Gymnastics PEP4/5</b> <ol style="list-style-type: none"> <li>Travelling</li> <li>Shapes &amp; Balances</li> <li>Rolls</li> <li>Jumps</li> <li>Group Sequences</li> <li>Apparatus &amp; Performance</li> </ol> <b>SWIMMING</b>	<b>REAL PE Y4 Unit 4: Coordination &amp; balance</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Counter balance</li> </ul> <b>SWIMMING</b>	<b>REAL PE Y5 Unit 5</b> <b>Dynamic, Static balance, agility</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>One leg balance</li> </ul> <b>SWIMMING</b>	<b>NC: Athletics PEP4/5</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Relay Races</li> <li>Final Lesson</li> </ol> <b>SWIMMING</b>
<b>Year 6</b>	<b>REAL PE Y6 Unit 1: Coordination &amp; agility</b> <ul style="list-style-type: none"> <li>Ball skills</li> <li>Reaction/response</li> </ul> <b>NC: Outdoor &amp; adventurous PEP6</b> <ul style="list-style-type: none"> <li>Problem Solving</li> <li>Teamwork</li> <li>Picture Orienteering</li> <li>Indoor Mapping</li> <li>Single Control Event</li> <li>Control Plotting</li> </ul>	<b>REAL PE Y6 Unit 2: Dynamic &amp; counterbalance</b> <ul style="list-style-type: none"> <li>Dynamic balance</li> <li>Counter balance</li> </ul> <b>NC: Invasion Games – Netball PEP6</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Passing</li> <li>Attacking Play</li> <li>Defending Play</li> <li>Tournament</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y6 Unit 3: Balance &amp; Coordination</b> <ul style="list-style-type: none"> <li>Stance</li> <li>Footwork</li> </ul> <b>NC: Gymnastics PEP6</b> <ol style="list-style-type: none"> <li>Travelling</li> <li>Shapes &amp; Balances</li> <li>Rolls</li> <li>Jumps</li> <li>Apparatus &amp; Group Work</li> <li>Group Performance</li> </ol>	<b>REAL PE Y6 Unit 4: Static Balance</b> <ul style="list-style-type: none"> <li>Seated balance</li> <li>Floorwork</li> </ul> <b>NC: Dance –Dance PEP6</b> <ul style="list-style-type: none"> <li>Introducing the Dance</li> <li>Question and Answer</li> <li>Canon and Unison</li> <li>Confidence and Timing</li> <li>Group Choreography</li> <li>Performance</li> </ul>	<b>REAL PE Y6 Unit 5: Static &amp; Dynamic Balance</b> <ul style="list-style-type: none"> <li>Jumping &amp; landing</li> <li>One leg balance</li> </ul> <b>NC: Cricket PEP6</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Fielding- Tactics</li> <li>Bowling- Tactics</li> <li>Batting- Tactics</li> <li>Tournament</li> <li>Final Lesson</li> </ol>	<b>REAL PE Y6 Unit 6: Coordination &amp; agility</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Ball chasing</li> </ul> <b>NC: Athletics PEP6</b> <ol style="list-style-type: none"> <li>Introduction</li> <li>Run for Speed</li> <li>Throwing for Distance</li> <li>Jump for Distance</li> <li>Mini Olympics</li> <li>Final Lesson</li> </ol>