

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 NC: Ball Skills – throwing & catching	REAL PE R/Y1 Unit 2: Static & Dynamic Balance NC: Bat & Ball skills	REAL PE R/Y1 Unit 3: Static & Dynamic Balance NC: Dance – PEP R/1	REAL PE R/Y1 Unit 4: Coordination & counterbalance NC: Gymnastics – PEP1	REAL PE R/Y1 Unit 5: Coordination & agility NC: Invasion games	REAL PE R/Y1 Unit 3: Agility & Balance NC: Athletics – Running & Jumping
Year 2/3 Cycle A	REAL PE Y3 Unit 1: Coordination & Balance NC: Ball skills - Tag Rugby PEP2/3	REAL PE Y2 Unit 2: Balance & Agility NC: Dance PEP2	REAL PE Y2 Unit 3: Static & Dynamic Balance NC: Ball & stick skills – Hockey PEP2/3	REAL PE Y3 Unit 4: Coordination & counterbalance NC: Gymnastics – PEP2/3	REAL PE Y3 Unit 5: Agility & balance NC: Football PEP2/3	REAL PE Y2 Unit 6: Agility & Balance NC: Athletics PEP2/3
Year 2/3 Cycle B	REAL PE Y2 Unit 1: Coordination & Balance NC: Football PEP2/3	REAL PE Y3 Unit 2: Dynamic & Static balance NC: Ball skills – Netball PEP2/3	REAL PE Y3 Unit 3: Balance & Coordination NC: Gymnastics – PEP2/3	REAL PE Y2 Unit 4: Coordination & counterbalance NC: Dance PEP3	REAL PE Y2 Unit 5: Coordination & agility NC: Rounders PEP2/3	REAL PE Y3 Unit 6: Agility & Balance NC: Athletics PEP2/3
Year 4	NC: Football PEP4 SWIMMING	NC: Ball & stick skills – Hockey PEP4/5 SWIMMING	REAL PE Y4 Unit 3: Balance & Coordination SWIMMING	NC: Dance PEP4 SWIMMING	NC: Rounders PEP4/5 SWIMMING	REAL PE Y5 Unit 6: Coordination & agility SWIMMING
Year 5/6 Cycle A	REAL PE Y5 Unit 1: Coordination & Agility NC: Ball skills – Tag Rugby PEP4/5 SWIMMING	REAL PE Y4 Unit 2: Static & Dynamic Balance NC: Football PEP5 SWIMMING	NC: Gymnastics PEP4/5 SWIMMING	REAL PE Y4 Unit 4: Coordination & balance SWIMMING	REAL PE Y5 Unit 5 Dynamic, Static balance, agility SWIMMING	NC: Athletics PEP4/5 SWIMMING
Year 5/6 Cycle B	REAL PE Y6 Unit 1: Coordination & agility NC: Outdoor & adventurous PEP6 SWIMMING	REAL PE Y6 Unit 2: Dynamic & counterbalance NC: Invasion Games – Netball PEP6 SWIMMING	REAL PE Y6 Unit 3: Balance & Coordination NC: Gymnastics PEP6 SWIMMING	REAL PE Y6 Unit 4: Static Balance NC: Dance – Dance PEP6 SWIMMING	REAL PE Y6 Unit 5: Static & Dynamic Balance NC: Cricket PEP6 SWIMMING	REAL PE Y6 Unit 6: Coordination & agility NC: Athletics PEP6 SWIMMING