Grappenhall Heys Community Primary School

Physical Education LTP - 2026-2027

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gymnastics U1 Develop confidence in fundamental movements Experience jumping, sliding, rolling, moving over, under and on apparatus. Develop coordination and gross motor skills.	Dance U1 Recognise that actions can be reproduced in time to music; beat patterns and different speeds. Perform a wide variety of dance actions both similar and contrasting. Copy, repeat, and perform simple movement patterns.	Gymnastics U2 Develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions.	Dance U2 Count and move to beats of 8. Copy and repeat movement patterns. Work as an individual, in partners, and as a group.	Body Management U2 Explore a variety of rolling, sliding and slithering. Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations. Participate in a variety of small group co-operative activities.	Manipulation & Coordination U2 Coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. Skip in isolation and with rope.
Outdoor	Body Management U1 Explore balance and managing own body including manipulating small objects. Stretch, reach, extend in a variety of ways and positions. Control body and perform specific movements on command.	Speed Agility Travel U1 Travel with some control and coordination. Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare for and anticipate movement in a variety of situations.	Manipulation & Coordination U1 Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.	Cooperate & Solve Problems U1 Organise and match various items, images, colours and symbols. Work with a partner to listen, share ideas, question and choose. Collect, distinguish and differentiate colours and create a shape as a team. Move confidently and cooperatively in space. Travel in a range of ways.	Speed Agility Travel U2 Participate in a variety of agility-based activities moving and controlling objects. Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc. Relate body movements to music and percussion beats.	Cooperate & Solve Problems U2 Copy and repeat various patterns and actions. Show an understanding of their own feelings and others. Solve more complex tasks using skills learned. Work and play cooperatively and take turns.
Year 1	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**

Indoor	Gymnastics U1 Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry basic apparatus such as mats and benches. To recognise actions and link.	Dance U1 Respond to a range of stimuli and types of music. Explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body parts.	Gymnastics U2 Perform a variety of basic gymnastics actions showing control Introduce turn, twist, spin, rock and roll and link these into movement patterns. Perform longer movement phrases and link with confidence.	Dance U2 Build simple movement patterns from given actions. Compose and link actions to make simple movement phrases. Respond appropriately to supporting concepts such as canon, unison and levels.	Run Jump Throw U1 Begin to link running and jumping. Learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances.	OAA Use thinking skills to follow multi-step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenges to build confidence.
Outdoor	Attack Defend Shoot U1 Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.	Send & Return U1 Send an object with increased confidence using a hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Hit Catch Run U1 and U2 Hit objects with a hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	Attack Defend Shoot U2 – Intra Competitions Recognise rules and apply them in competitive and cooperative games. Use and apply simple strategies for invasion games. Preparing for and explain the reasons why we enjoy exercise.	Send & Return U2 Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects such as balls and beanbags. Select and apply skills to beat the opposition.	**Cricket** Develop basic throwing, catching and rolling skills. Hold and use a cricket bat safely. Stop and collect a rolling ball safely. Develop hand-eye coordination and confidence when using cricket equipment.
Year 2	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Indoor	Gymnastics U1 Describe and explain how performers can transition and link gymnastic elements. Perform with control and consistency basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring.	Dance U1 Describe and explain how performers can transition and link shapes and balances. Perform basic actions with control and consistency at different speeds and on different levels. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform short movement sequences to music.	Gymnastics U2 Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements, e.g., back support and half twist. Attempt to use rhythm while performing a sequence.	Dance U2 Perform using more sophisticated formations as well as an individual. Explore relationships through different dance formations. Explain the importance of emotion and feeling in dance. Use the stimuli to copy, repeat and create dance actions and motifs.	Run Jump Throw Develop power, agility, coordination and balance over a variety of activities. Throw and handle a variety of objects including quoits, beanbags, balls, hoops. Negotiate obstacles showing increased control of body and limbs.	OAA Use searching skills to find given items from clues and pictures. Work as a pair to navigate space. Use and explore unusual equipment to develop coordination, problem solving and motor skills.

Outdoor	Attack Defend Shoot U1 Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.	Send & Return U1 Be able to track the path of a ball over a net and move towards it. Begin to hit and return a ball using hands and racquets with some consistency. Play modified net/wall games throwing, catching and sending over a net	Hit Catch Run U1 and U2 Develop hitting skills with a variety of bats. Practice feeding/ bowling skills. Hit and run to score points in games.	Attack Defend Shoot U2 – Intra competitions Select and apply a small range of simple tactics. Recognise good quality in self and others. Work with others to build basic attacking play.	Send & Return U2 Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics appropriate to the situation. Transfer net/wall skills to volleyball style games. Improve agility and coordination and use in a game.	**Cricket** Throw and catch a ball with increasing accuracy and consistency. Strike a ball with control into space. Develop an underarm bowling action towards a target. Develop an underarm bowling action towards a target. Field a ball, collect it and return it accurately.
Year 3	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Indoor	Gymnastics U1 Modify actions independently using different pathways, directions and shapes. Consolidate and improve the quality of movements and gymnastics actions. Relate strength and flexibility to the actions and movements they are performing. To use basic compositional ideas to improve sequence work—unison.	Dance U1 Practise different sections of a dance aiming to put together a performance. Perform using facial expressions. Perform with a prop.	Gymnastics U2 Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work through jumps and leaps. Show increasing flexibility in shapes and balances.	Dance U2 Building stylistic qualities of a dance through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work in a specific style of dance.	Volleyball Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.	OAA Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between when a task is competitive and when it is collaborative.
Outdoor	Basketball Perform some basic basketball skills, throwing, catching and dribbling. Build attacking/offensive play. Implement some basic rules of basketball.	Hockey Play in a hockey-type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control.	Tag Rugby Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby	Tennis Identify and describe some rules of tennis. Serve to begin a game. Explore forehand hitting.	Athletics Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance.	**Cricket** Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball.

			and play within simpler rules.		Throw with speed and power and apply appropriate force.	
Year 4	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Indoor	Gymnastics U1 Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequences such as changes in height, speed and direction.	Dance U1 Work to include freeze frames in routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position.	Gymnastics 2 Further develop body management through controlled balances, rocks, rolls and leaps. Extend existing skills in shoulder stands, leaps and cartwheel progressions. Combine skills using smooth transitions, formations, unison and canon in a creative group work.	Dance U2 Develop choreography and devise skills in relation to a theme. Exploring dynamic quality and formations to communicate character. Concentrate on one simple theme throughout and link all activities to the communication of this to an audience.	Swimming Warrington LiveWire Swim Framework stage 0-6 DfE1 - swim competently, confidently and proficiently over a distance of at least 25 metres DfE2- use a range of strokes effectively (backstroke, front crawl, breaststroke) DfE3- perform safe self rescue in different water based situations	Swimming Warrington LiveWire Swim Framework stage 0-6 DfE1 - swim competently, confidently and proficiently over a distance of at least 25 metres DfE2- use a range of strokes effectively (backstroke, front crawl, breaststroke) DfE3- perform safe self rescue in different water based situations
Outdoor	Basketball Increase confidence and selection of basic skills such as dribbling, throwing and shooting. Develop a range of ball handling skills. Use footwork rules in a game situation and explore basic marking.	Hockey Consistently perform basic hockey skills such as dribbling and push passes. Implement the basic rules of hockey. Develop tactics and apply them in competitive situations. Increase speed and endurance during gameplay.	Tag Rugby Consistently perform basic tag rugby skills. Implement rules and develop tactics in competitive situations. Increase speed and build endurance during gameplay.	Tennis Explore different shots (forehand, backhand). Work to return the serve. Demonstrate different court positions in gameplay.	Athletics Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities. Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.	**Cricket** Develop and apply a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and game context. Consolidate existing skills and apply them with consistency.
Year 5	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**

Indoor	Gymnastics U1 Create longer and more complex sequences and adapt performances. Take the lead in a group when preparing a sequence. Develop symmetry individually, as a pair and in a small group. Compare performances and judge strengths and areas for improvement. Select a component for improvement. For example— timing or flow.	Gymnastics U2 Take responsibility for own warm-up including remembering and repeating a variety of stretches. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.	Dance U1 Perform different styles of dance fluently and clearly. Refine & improve dances adapting them to include the use of space rhythm & expression. Work collaboratively in groups to compose simple dances. Recognise and comment on dances suggesting ideas for improvement.	Dance U2 Using professional examples to inspire ideas for explosive action. Owning and exploring new movement possibilities. Work with devices to add interest to action and explore different types of jumps.	Swimming Warrington LiveWire Swim Framework stage 0-6 DfE1 - swim competently, confidently and proficiently over a distance of at least 25 metres DfE2- use a range of strokes effectively (backstroke, front crawl, breaststroke) DfE3- perform safe self rescue in different water based situations	Swimming Warrington LiveWire Swim Framework stage 0-6 DfE1 - swim competently, confidently and proficiently over a distance of at least 25 metres DfE2- use a range of strokes effectively (backstroke, front crawl, breaststroke) DfE3- perform safe self rescue in different water based
Outdoor	Football Play effectively in a variety of positions and formations on the pitch . Relate a greater number of attacking and defensive tactics to gameplay. Become more skilful when performing movements at speed.	Netball Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court.	Tennis Introduce Volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Further, explore Tennis service rules.	Athletics Sustain pace over short and longer distances such as running 100m and running for 2 minutes. Able to run as part of a relay team working at their maximum speed. Perform a range of jumps and throws demonstrating increasing power and accuracy.	Rounders Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders.	Cricket Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.
Year 6	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Indoor	Gymnastics U1 Experience flight on and off high apparatus. Develop and perform a range of partner balances. Use equipment and formations confidently in a rhythmic gymnastics	Dance U1 Perform demonstrating key features of Street Dance and Physical Theatre. Use choreographic devices to show conflict. Bring performance skills to their work and interpret in detail another pair's dance.	Gymnastics U2 Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency	Dance U2 Demonstrating narrative through contact and relationships. Showing tension through pattern and formation.	Basketball Apply aspects of fitness to the game, such as power and strength. Choose and implement a range of strategies to play defensively and offensively. Grasp more technical aspects of the game.	Hockey Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe good individual and team performances.

	style sequence.		across a broad range of gymnastics actions.			
Outdoor	Football Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good individual and team performances. Suggest, plan and lead simple drills for given skills.	Netball Implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances.	Tennis Develop backhand shots. Introduce the lob. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve.	Athletics Become confident in a range of techniques and recognise their success. Apply strength and flexibility to a broad range of throwing, running and jumping activities. Work in collaboration and demonstrate improvement when working with self and others. Accurately and confidently record results across a variety of activities.	Rounders Apply rounders rules consistently. Play small-sided games using standard rounders pitch layout. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.	Cricket Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.

KS2 Outdoor adventurous activities (OAA)

In KS2, children access three residential trips where they take part in a wide variety of high quality outdoor and adventurous activities, both individually and within teams. As well as developing physical confidence, children develop a range of key skills including communication, problem solving, creative thinking, empathy, enquiry, evaluation, information processing, managing feelings, motivation, reasoning, self-awareness and social skills.

During each residential, every child is given the opportunity to strive for personal success.

Year 3: Burwardsley

Mountain walking, team challenges and orienteering.

Year 4: Robinwood

Archery, canoeing, caving, climbing, crate challenge, dungeon, giant swing, night line, challenge course, piranha pool, quest, team challenge, trapeze, zipwire and raft building.

Year 5: Lledr Hall

Abseiling, coasteering, bushcraft, gorge walking, canoeing, mountain biking, mountain walking, orienteering, problem solving challenges, raft building, rock climbing, surfing and rope courses.