



PE LTP

2025 2026

PE progression through EYFS

PD: Gross Motor Skills/ Fine Motor Skills/ EAD: Being Imaginative and Expressive

Focus	Gymnastics movements	Basic movement and games	Dance	Fine motor skills	Health and Self Care	Vocabulary – To be used daily.
Reception Skills	<ul style="list-style-type: none">• Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding.• Combine different movements with ease & fluency.• Develop overall body strength, coordination, balance & agility.	<ul style="list-style-type: none">• Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles.• Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming.• Develop confidence, competence, precision & accuracy with activities that involve a ball.• Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes.	<ul style="list-style-type: none">• Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences.• Watch & talk about dance & performance art, expressing their feelings & responses.• Explore & engage in dance, performing solo or in groups.	<ul style="list-style-type: none">•Develop their small motor skills so that they can use a range of tools competently, safely and confidently.•Suggested tools are pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.•Develop the foundations of a handwriting style which is fast, accurate and efficient.	<ul style="list-style-type: none">• Can manage their own personal hygiene.• Know and talk about the different factors that support their overall health and well-being.•Can describe the importance of physical activity, healthy eating, tooth brushing, good sleep routines.	Follow, lead, copy, gallop, slither, crawl, kick, catch, throw, push, pat, slither, shuffle, roll, crawl, walk, run, hop, slide, squat, climb, land, stand, jump, balance, space, race, chase, speed, direction, obstacles, stretch, strong, firm, gentle, heavy, floppy
Reception Knowledge	<div>Autumn 1</div> <div>Me and My Family</div> <div>Autumn 2</div> <div>Seasons and Celebrations</div>		<div>Spring 1</div> <div>The Ocean</div> <div>Spring 2</div> <div>Transport</div>		<div>Summer 1</div> <div>Growth and Change</div> <div>Summer 2</div> <div>Castles and Dragons</div>	
	<ul style="list-style-type: none">•I can climb on large and small equipment.•I can balance on a bench, strip of wood or beam.•I can adjust my speed to avoid obstacles.•I can manage my own personal hygiene such as washing my hands and brushing my teeth.•I can use a variety of mark making tools with control.		<ul style="list-style-type: none">•I can travel across balancing equipment using different body parts.•I can give my opinion about a movement or actions and explain what is good and what can be improved.•I can talk about the importance of exercise and sleep.•I can throw and catch a ball with accuracy.•I can hold my pencil with a dominant hand and write recognisable letters for all set one sounds.		<ul style="list-style-type: none">•I can ride a balance bike effectively and with control.•I can explain a healthy diet and different food combinations.•I can write with a clear tripod grip and create accurately formed letters ready for joining.•I can demonstrate skills and techniques to the rest of my class.•I can move in time to music and change my movements in response to what I hear.	
Games			Dance		Self-Evaluation	

KSI PE Overview

Year	Autumn	Spring	Summer
1	Multi skills	Gymnastics	Team Games
	Ball games	Outdoor Adventurous Activities	Athletics
2	Multi skills	Gymnastics	Team Games
	Ball games	Outdoor Adventurous Activities	Athletics

N.B - These are our overarching themes that have been mapped to national curriculum subjects in KSI. The knowledge content is identified in the intent subject documents.

KS2 PE Overview

Year	Autumn	Spring	Summer
3	Fundamental movement skills	Dance	Invasion games
	Outdoor Adventurous Activities	Net and wall games	Athletics
4	Fundamental movement skills	Dance	Invasion games
	Outdoor Adventurous Activities	Net and wall games	Athletics swimming
5	Multi skills	Gymnastics	Athletics
	Invasion games	Outdoor Adventurous Activities swimming	
6	Multi skills	Gymnastics	Athletics
	Invasion games swimming	Outdoor Adventurous Activities	