

Delta Academies Trust: Physical Education LTP						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1	EYFS Development Matters: 3-4 years <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 					
F2	Reception <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 					
Year 1	Ball Skills	Fundamentals	Fitness	Sending and Receiving	Target Games	Striking and Fielding
Year 2	Fitness	Fundamentals	Ball Skills	Sending and Receiving	Athletics	Striking and Fielding
	Team Building	Gymnastics	Dance	Target Games	Invasion	Net and Wall
Year 3	Fundamentals	Dodgeball	Handball	Yoga	Athletics	Basketball
	Ball Skills	Gymnastics	Dance	Football	Tennis	Cricket
Year 4	Netball	Swimming	Golf	Gymnastics	Athletics	Rounders
	Fitness		Dance	Tag Rugby	Tennis	O.A.A
Year 5	O.A.A	Dodgeball	Hockey	Football	Badminton	Basketball
	Fitness	Gymnastics	Dance	Volleyball	Athletics	Cricket
Year 6	Badminton	Volleyball	Hockey	Tag Rugby	Athletics	Tennis
	Netball	Gymnastics	Dance	Yoga	Golf	Rounders

Fundamentals/Fitness/Athletics		Dance	
Invasion		Body management	
Target Games		Team building / O.A.A	
Net and Wall		Swimming	
Striking and Fielding			

