

KLT LTM for PE – Two-year cycle (2025 – 2026 and 2026 – 2027)

	Autumn		Spring		Summer	
Nursery/Reception Cycle B (2025 – 2026)	<p>Introduction to PE - unit 1 <i>Take part in activities which will develop fundamental movement</i></p> <p>Fundamentals – unit 1 <i>Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities</i></p>	<p>Introduction to PE – unit 2 <i>Learning the basic principles of a PE such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group.</i></p> <p>Ball skills – unit 1 <i>To develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball</i></p>	<p>Fundamentals – unit 2 <i>To develop skills of balancing, running, hopping, jumping, travelling and changing direction</i></p> <p>Dance – unit 1 <i>To explore travelling movements, shapes and balances.</i></p>	<p>Gymnastics – unit 1 <i>Explore creating shapes, balances, and jumps and begin to develop rocking and rolling.</i></p> <p>Ball skills – unit 2 <i>Develop fine and gross motor skills through a range of game play with balls. Work independently and with a partner and develop decision making and using simple tactics.</i></p>	<p>Dance – unit 2 <i>Use counting to help them keep in time with the music. They explore dance through the world around them. Perform to others and begin to provide simple feedback</i></p> <p>Games – unit 1 <i>To practise and further develop fundamental movement skills through games</i></p>	<p>Gymnastics – unit 2 <i>Perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences.</i></p> <p>Games – unit 2 <i>To work as a team, take turns, keep the score, play against an opponent and play by the rules.</i></p>
Nursery/Reception Cycle A (2026 – 2027)	<p>Introduction to PE - unit 1 <i>Take part in activities which will develop fundamental movement</i></p> <p>Fundamentals – unit 1</p>	<p>Introduction to PE – unit 2 <i>Learning the basic principles of a PE such as safely using space, stopping safely, using and sharing equipment and</i></p>	<p>Fundamentals – unit 2 <i>To develop skills of balancing, running, hopping, jumping, travelling and changing direction</i></p> <p>Dance – unit 1</p>	<p>Gymnastics – unit 1 <i>Explore creating shapes, balances, and jumps and begin to develop rocking and rolling.</i></p> <p>Ball skills – unit 2</p>	<p>Dance – unit 2 <i>Use counting to help them keep in time with the music. They explore dance through the world around them. Perform to</i></p>	<p>Gymnastics – unit 2 <i>Perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences.</i></p>

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	<p><i>Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities</i></p>	<p><i>working individually, with a partner and group.</i></p> <p>Ball skills – unit 1 <i>To develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball</i></p>	<p><i>To explore travelling movements, shapes and balances.</i></p>	<p><i>Develop fine and gross motor skills through a range of game play with balls. Work independently and with a partner and develop decision making and using simple tactics.</i></p>	<p><i>others and begin to provide simple feedback</i></p> <p>Games – unit 1 <i>To practise and further develop fundamental movement skills through games</i></p>	<p>Games – unit 2 <i>To work as a team, take turns, keep the score, play against an opponent and play by the rules.</i></p>
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<p>Year 1 / 2 Cycle B (2025 – 2026)</p>	<p>Team Building Year 2 <i>To develop key skills of communication and problem solving</i></p> <p>Fundamentals Year 2 <i>To master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin</i></p>	<p>Fitness Year 2 <i>To explore and develop agility, balance, co-ordination, speed and stamina</i></p> <p>Yoga Year 2 <i>To develop mindfulness and body awareness. Improving wellbeing by building strength, flexibility</i></p>	<p>Gymnastics Year 2 <i>To develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases</i></p> <p>Dance Year 2 <i>To perform dances using simple movement patterns</i></p>	<p>Ball skills Year 2 <i>To develop fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking</i></p> <p>Athletics Year 2 <i>To develop skills required in athletic activities such as</i></p>	<p>Net and Wall Year 2 <i>To develop skills such as throwing, catching, tracking and hitting a ball.</i></p> <p>Target get games Year 2</p>	<p>Invasion Year 2 <i>To master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending</i></p> <p>Striking and Fielding Year 2</p>
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	<i>to apply these in a range of activities.</i>	coordination and balance.		<i>running at different speeds, jumping and throwing.</i>		<i>To develop skills such as throwing and catching, tracking a ball and striking a ball. Learn how to score points in these types of games, how to play to the rules and use simple tactics</i>
Year 1 / 2 Cycle A (2026 – 2027)	Team building Year 1 Fundamentals Year 1	Sending and Receiving Year 1 Fitness year 1	Gymnastics year 1 Ball Skills Year 1	Dance Year 1 Invasion games year 1	Striking and fielding games Year 1 Net and wall games Year 1	Target games year 1 Athletics year 1

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Cricket Year 4

To develop an understanding of the different roles of bowler, wicket keeper, fielder and batter.

Swimming

TBC

<p>Year 3 / 4 Cycle B (2025 – 2026)</p>	<p>Fundamentals Year 4 <i>To develop the fundamental skills of balancing, running, jumping, hopping and skipping.</i></p> <p>OAA Year 4 <i>To develop problem solving skills through a range of challenges.</i></p>	<p>Dance Year 4 <i>To create dances in relation to an idea. Work individually, with a partner and in small groups, sharing their ideas. Develop use of counting and rhythm. Use canon, unison, formation and levels in their dances.</i></p> <p>Gymnastics Year 4</p>	<p>Basketball Year 4</p> <p>Yoga Year 4 To develop mindfulness and body awareness. Improving wellbeing by building strength, flexibility coordination and balance.</p>	<p>Tag Rugby Year 4 To develop understanding of attacking and defending in invasion games</p> <p>Swimming</p>	<p>Rounders Year 4 TBC</p> <p>Golf Year 4 <i>To use running, jumping, throwing and catching in isolation.</i></p>	<p>Tennis Year 4 <i>Learn key skills such as racket control, hitting a ball and how to score points</i></p> <p>Cricket Year 4 <i>To develop an understanding of the different roles of bowler, wicket keeper, fielder and batter.</i></p> <p>Swimming TBC</p>
<p>Year 3 / 4 Cycle A (2026 – 2027)</p>	<p><i>Ball skills ¾</i></p> <p><i>Fundamentals 3/4</i></p>	<p>Parkour year 3</p> <p>Handball Year 3</p>	<p>Dodgeball year 3</p> <p>Dance Year 3</p>	<p>Fitness year 3</p> <p>swimming</p>	<p>Tennis year 3</p> <p>Golf year 3</p>	<p>OAA Year 3</p> <p>Athletics year 3</p>

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<p>Year 5 / 6 Cycle B (2025 – 2026)</p>	<p>Yoga Year 6 To develop mindfulness and body awareness. Improving wellbeing by building strength, flexibility coordination and balance.</p> <p>Badminton Year 6 To place an object away from an opponent to make it difficult for them to return.</p>	<p>Dance Year 6 <i>Use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Create and perform their work, provide feedback using the correct dance terminology and use feedback to improve</i></p> <p>Gymnastics Year 6 <i>To explore partner relationships such as canon and synchronisation and matching and mirroring. To develop performance skills considering the quality and control of their actions</i></p>	<p>Football Year 6 <i>Use skills, strategies and tactics to outwit the opposition, learn the importance of fair play and honesty while self-managing games and learning and abiding by key rules</i> Tag</p> <p>Swimming TBC</p>	<p><i>Basketball Year 6</i> To develop understanding of attacking and defending in invasion games</p> <p>Fitness Year 6 <i>To develop strength, stamina, speed, co-ordination, balance, and agility. Learn how each component of fitness will help in other games.</i></p>	<p><i>.OAA Year 6</i> <i>To develop map reading skills including the use of cardinal points, scale and direction to create, plan and follow routes around a course.</i></p> <p>Rugby Year 6 To develop understanding of attacking and defending in invasion games</p>	<p>Athletics Year 6 <i>Identify good athletic performance and explain why it is good. Show accuracy and power when throwing for distance.</i></p> <p>Golf Year 6 <i>To use running, jumping, throwing and catching in isolation.</i></p>
<p>Year 5 / 6 Cycle A (2026 – 2027)</p>	<p>Football Year 5</p> <p>Yoga year 5</p>	<p>Badminton Year 5</p> <p>Fitness year 5</p>	<p><i>Dance year 5</i></p> <p><i>Netball year 5</i></p>	<p><i>Dodgeball year 5</i></p> <p><i>swimming</i></p>	<p><i>Gymnastics year 5</i></p> <p><i>Hockey year 5</i></p>	<p><i>OAA Year 5</i></p> <p><i>Athletics Year 5</i></p>

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