

PE LTP 2025-2026

| | Autumn | | Spring | | Summer | |
|------------------|---|--|---|---|---|---|
| Reception | Gross Motor skills Fine Motor skills | | | | | |
| | ● Ball skills | | ● Gymnastics- Gym in the Jungle/Jumping Jacks | | ● Games- Olympics | |
| Year 1 | Fitness testing (personal challenge 1 30 seconds star jumps) | | Fitness testing (personal challenge 2 30 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 30 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Multi-skills Fitness Frenzy | <ul style="list-style-type: none"> Skip to the Beat Ball skills | <ul style="list-style-type: none"> Groovy Gymnastics Gym Fit Circuit | <ul style="list-style-type: none"> Story Time Dance Focus Education key skills check. | <ul style="list-style-type: none"> Mighty Movers Throwing and Catching | <ul style="list-style-type: none"> Active Athletics Cool Core |
| Year 2 | Fitness testing (personal challenge 1 45 seconds star jumps) | | Fitness testing (personal challenge 2 45 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 45 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Ugly Bug Ball Dance Boot camp | <ul style="list-style-type: none"> Multi-skills Fitness Frenzy | <ul style="list-style-type: none"> Skip to the beat Groovy Gymnastics | <ul style="list-style-type: none"> Gym Fit Circuits Brilliant Ball Skills | <ul style="list-style-type: none"> Mighty Movers Throwing and Catching | <ul style="list-style-type: none"> Cool Core Active Athletics |
| Year 3 | Fitness testing (personal challenge 1 60 seconds star jumps) | | Fitness testing (personal challenge 2 60 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 60 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Skip to the Beat African Dance | <ul style="list-style-type: none"> Multi-skills Outdoor Adventurous Activities | <ul style="list-style-type: none"> Groovy Gymnastics Gym Fit Circuits | <ul style="list-style-type: none"> Brilliant Ball Skills Boot Camp | <ul style="list-style-type: none"> Mighty Movers Throwing and Catching | <ul style="list-style-type: none"> Cool Core Fitness Frenzy |
| Year 4 | Fitness testing (personal challenge 1 60 seconds star jumps) | | Fitness testing (personal challenge 2 60 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 60 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Invaders (Football) Outdoor Adventurous Activities | <ul style="list-style-type: none"> Step to the beat Boot Camp | <ul style="list-style-type: none"> Gym Fit circuits Gym sequence | <ul style="list-style-type: none"> Dynamic Dance (Line Dancing) Cool Core | <ul style="list-style-type: none"> Striking and fielding (Cricket) Mighty Movers | <ul style="list-style-type: none"> Fitness Frenzy Nimble Nets (Tennis) |
| Year 5 | Fitness testing (personal challenge 1 90 seconds star jumps) | | Fitness testing (personal challenge 2 90 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 60 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Invaders (Netball) Outdoor Adventurous | <ul style="list-style-type: none"> Dance (Bollywood) Step to the beat | <ul style="list-style-type: none"> Gym Sequences Gym Fit Circuit | <ul style="list-style-type: none"> Cool Core Nimble Nets (Tennis) | <ul style="list-style-type: none"> Striking and fielding (Rounders/cricket) Mighty Movers | <ul style="list-style-type: none"> Fitness Frenzy Boot Camp |
| | <u>Swimming Class 11</u> | | | <u>Swimming Class 12</u> | | |
| Year 6 | Fitness testing (personal challenge 1 90 seconds star jumps) | | Fitness testing (personal challenge 2 90 seconds racket and ball) | | Fitness testing (personal challenge 1 and 2 60 seconds star jumps and racket and ball) | |
| | <ul style="list-style-type: none"> Invaders (Tag Rugby) Outdoor Adventurous Activities -PGL | <ul style="list-style-type: none"> Step to the beat Boot Camp | <ul style="list-style-type: none"> Dynamic (Dance Street Dance) Mighty Movers | <ul style="list-style-type: none"> Gym Fit Circuit Gym Sequences | <ul style="list-style-type: none"> Cool Core (Pilates) Nimble Nets (Tennis) | <ul style="list-style-type: none"> Young Olympians Striking and fielding (Rounders/Cricket) |