

**Our Lady of Lourdes RCPS
PE LONG TERM PLAN 2025-2026**

Physical Education

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, children are expected to know, understand, and apply the matters, skills and processes specified in the appropriate programme of study.

EYFS – Early Learning Goals

Physical Development is a core area in the EYFS framework where pupils build on blocks of fundamental skills through practice, refinement and revisiting. Teachers will provide a best-fit judgement about a child's development, and their readiness for Year 1.

Main Areas of Learning:

- Personal, social and emotional
- Physical Development
- Communication and language

Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Fundamental Movements - Move energetically; such as running, jumping, dancing, hopping, skipping, and climbing (speed and direction.)

Managing Self

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

Building Relationships

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Self-Regulation

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Fine Motor eg pencil holding / small tools

Oracy and Language is key to understanding / following instructions

Key Stage 1

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to:
 - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
 - participate in team games, developing simple tactics for attacking and defending.
 - perform dances using simple movement patterns.

Key Stage 2

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to:
 - use running, jumping, throwing and catching in isolation and in combination
 - play competitive games, modified where appropriate
 - apply basic principles suitable for attacking and defending
 - develop flexibility, strength, technique, control and balance
 - perform dances using a range of movement patterns
 - take part in outdoor and adventurous activity challenges both individually and within a team
 - compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- All schools must provide swimming instruction either in key stage 1 or key stage 2.
In particular, pupils should be taught to:
 - swim competently, confidently and proficiently over a distance of at least 25 meters
 - use a range of strokes effectively
 - perform safe self-rescue in different water-based situations.

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Year Group	Learning Journey 1		Learning Journey 2		Learning Journey 3	
	Autumn		Spring		Summer	
EYFS						
Reception	SAQs / ABCs Understanding Space	Multiskills	Dance	Gymnastics	Field	Athletics
	Fundamental Movements; ball skills	Dodgeball				
Key Stage 1						
Year 1	SAQs / ABCs – developing movement	Gymnastics	Dance	Netball	Athletics	Table Tennis
	Basketball			Dodgeball		Football
Year 2	SAQs / ABCs	Gymnastics	Dance	Netball	Athletics	Tennis
	Basketball			Dodgeball		Football
Key Stage 2						
Year 3	SAQs/ABCs	Gymnastics	Swimming Dance	Orienteering	Athletics	Rounders
	Basketball	Hockey	Netball	Football	Tennis	Cricket
Year 4	SAQs/ABCs	Netball	Swimming	Orienteering	Athletics	Rounders
	Basketball	Hockey	Dance	Football	Tennis	Cricket
Year 5	SAQs/ABCs	Netball	Dance	Orienteering	Athletics Bikeability	Rounders
	Basketball	Hockey		Football	Tennis	Cricket
Year 6	SAQs/ABCs	Netball	Dance	Orienteering	Athletics	Rounders
	Basketball	Hockey		Football Swimming Top Up Programme	Tennis	Cricket