


PE Roadmap

PE at Lillington Nursery and Primary School aims to develop a fun, high-quality physical education curriculum that inspires all pupils to lead healthier and more active lifestyles. We do this through fully adhering to the aims of the National Curriculum for PE to ensure that all children:

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

Healthy body, healthy mind

Secondary school 

Year 5 & 6

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 their own success.

Pupils should be taught to:

- 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

Healthy body, healthy mind

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 and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, athletics and gymnastics]

Year 3 & 4

Healthy body, healthy mind

Year 1 & 2

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

Healthy body, healthy mind

Early Learning Goals:

Personal, Social and Emotional Development ELG:

- Show understanding of own and others' feelings, and begin to regulate their behaviour
- Give focused attention to what the teacher says, respond appropriately even when engaged in activity and show an ability to follow instructions.
- Be confident to try new activities and show independence, resilience and perseverance in challenges
- Explain the reasons for rules, know right from wrong and try to behave accordingly
- Work and play co-operatively and take turns with others
- Show sensitivity to their own and to others' needs

Physical Development ELG:

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

EYFS