

PE LTP 2025-2026

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Body Management Coordination and balance (NC link: Attack, defend, shoot / Invasion Games)	Dance Actions to music.	Cooperate and Solve Problems Teamwork to complete different activities and challenges (NC link: Run, Jump, Throw / Athletic Activity)	Gymnastics Coordination and gross motor skills.	Manipulation and Coordination Throwing, catching, and stopping skills (NC link: Send and return / Net and Wall Games)	Speed, Agility, Travel Running and agility skills (NC link Hit, Catch, Run Striking & Fielding Games)
1	Hit, Catch, Run Striking & Fielding Games	Send and return Net & Wall Games	Attack, defend, shoot Invasion Games	Hit, Catch, Run Striking & Fielding Games	Send and return Net & Wall Games	Attack, defend, shoot Invasion Games
	Dance	Gymnastics	Dance	Run, Jump, Throw Athletic Activity	Gymnastics	Run, Jump, Throw Athletic Activity
2	Attack, defend, shoot Invasion Games	Hit, Catch, Run Striking & Fielding Games	Send and return Net & Wall Games	Attack, defend, shoot Invasion Games	Hit, Catch, Run Striking & Fielding Games	Run, Jump, Throw Athletic Activity
	Gymnastics	Dance Traditional Dance	Gymnastics	Dance	Send and return Net and Wall Games	OAA Outdoor and Adventurous Activity
3	Football Invasion Games	Volleyball Net and Wall Games	Handball Invasion Games	Tennis Net and Wall Games	Basketball Invasion Games	Cricket Striking & Fielding Games
	Dance	Gymnastics	Dance	Gymnastics	OAA Outdoor and Adventurous Activity	Athletics Athletic Activity
4	Badminton Net and Wall Games	Swimming	Volleyball Net and Wall Games	Basketball Invasion Games	Hockey Invasion Games	Cricket Striking & Fielding Games
	Gymnastics	Dance	Gymnastics	OAA Outdoor and Adventurous Activity	Dance	Athletics Athletic Activity

5	Football Invasion Games	Tennis Net and Wall Games	Handball Invasion Games	Netball Invasion Games	Badminton Net and Wall Games	Cricket Striking & Fielding Games
	OAA Outdoor and Adventurous Activity	Gymnastics	Dance	Gymnastics	Dance	Athletics Athletic Activity
6	Basketball Invasion Games	Netball Invasion Games	Football Invasion Games	Cricket Striking & Fielding Games	Tennis Net and Wall Games	Hockey Invasion Games
	OAA Outdoor and Adventurous Activity	Dance	Gymnastics	Badminton Net and Wall Games	Rounders Striking & Fielding Games	Athletics Athletic Activity