

'I have always believed that exercise is the key not only to physical health but to peace of mind.' - Nelson Mandela	VISION: Our vision is for every child to experience high-quality, inclusive physical education and purposeful active play. We develop confident, competent movers who cooperate, persevere, make thoughtful choices and recognise the value of physical activity for lifelong health and wellbeing.
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Brampford Speke C of E Primary School

EYFS and Key Stage 1 Physical Education

Three-year rolling programme 2025-2028

Health and Fitness	Fundamental Movement	Rules, Strategies and Tactics	Resilience and Leadership	Performance and Evaluation
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Mixed-age Organisation and Pathways

Finch Class includes Reception, Year 1 and Year 2. It follows a three-year rolling programme of shared Twinkl Move units so that the teacher can teach one practical lesson to the whole class. In each half-term, all pupils use the same theme, music or stimulus, equipment, vocabulary and official six-lesson Twinkl sequence. The year-group label beside a unit identifies where the source pack can be found within Twinkl Move; it does not indicate the level at which every pupil must work.

Every shared lesson is taught through three pathways drawn from the Twinkl Move progression maps. Reception pupils work towards the EYFS Physical Development expectations, Year 1 pupils follow the Year 1 pathway and Year 2 pupils follow the Year 2 pathway, irrespective of the source year of the unit. Progression is secured through increasingly demanding expectations for control, accuracy, coordination, sequence complexity, decision-making, independence, performance and evaluation. Teachers retain the official lesson focus while adapting the task, equipment, space, support, repetition and success criteria. Pathways are starting points rather than ceilings and pupils may revisit an earlier statement where necessary. Gymnastics is taught at school using floor work and suitable apparatus. Statutory swimming outcomes are secured in Key Stage 2.

EYFS / Reception	Key Stage 1	Assessment and inclusion
Frequent opportunities to develop strength, balance, coordination, agility and spatial awareness. Children negotiate space and obstacles safely, use equipment confidently, move energetically and combine movements with increasing control. Learning is observed through taught PE and purposeful provision.	Pupils master basic movements including running, jumping, throwing and catching; develop balance, agility and coordination; participate in team games and develop simple attacking and defending tactics; and perform dances using simple movement patterns.	Assessment notices safe participation, control, consistency, confidence, cooperation, simple decisions, vocabulary and response to feedback. Reasonable adjustments maintain the shared learning intention through suitable equipment, communication, adult support and success criteria.

Progression

Strand	EYFS / Reception pathway	Year 1 pathway	Year 2 pathway
Movement	Explore confidently and move safely.	Perform basic movements with developing control.	Combine and adapt movements with fluency.
Games	Send, receive, take turns and recognise space.	Apply basic skills and simple attacking or defending roles.	Use skills consistently and choose a simple tactic.
Gymnastics	Explore shapes, balances, travel and safe landings.	Link a short-controlled sequence.	Compose and refine a fluent sequence with contrast.
Dance	Respond imaginatively and remember a few actions.	Perform a short phrase using space and dynamics.	Structure and refine an expressive paired or group dance.
Athletics	Join energetic running, jumping and throwing challenges.	Use developing technique and recognise improvement.	Refine, measure, compare and improve performance.

Finch Class PE - 2025/26 - Cycle A

Shared units with EYFS / Reception, Year 1 and Year 2 pathways

Autumn	Spring	Summer
Autumn 1 Multi-Skills: Throwing and Catching [Source unit: Twinkl Move Years 1-2; taught through Reception, Year 1 and Year 2 pathways] Multi- Skills: Throwing and Catching (Year 1) - Rolling - Throwing underarm - Can I catch? - Altogether now - Bouncing along - Throw and catch carousel KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules SECOND HALF-TERM UNIT Autumn 2 Dance: Starry Skies [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Dance: Starry Skies (Year 1) - Fireworks - Fireworks display - Astronauts - Aliens - Aliens love underpants - Constellations KNOWLEDGE AND SKILLS - Use movement to respond to a stimulus and communicate an idea. - Combine and repeat actions, varying speed, level and movement quality. - Perform for others, observe respectfully and use simple feedback to improve. YEAR-GROUP PATHWAYS EYFS: Join movements, change speed or style and create a short movement phrase showing personal ideas. Year 1: Copy and repeat actions; create a motif; vary speed and use simple unison, canon or mirroring. Year 2: Create a short motif; change speed and level; use transitions, move in time and improve timing. VOCABULARY stimulus, action, motif, speed, level, unison, canon, mirroring, timing, evaluate	Spring 1 Attacking and Defending [Source unit: Twinkl Move Years 1-2; taught through Reception, Year 1 and Year 2 pathways] Attacking and Defending (Year 1) - Using space - Marking players - Dynamic defenders - Perfect passing - Dodging defenders - Using your skills KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules SECOND HALF-TERM UNIT Spring 2 Gymnastics: Traditional Tales [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Gynastics: Traditional Tales (Year 1) - The Three Billy Goats Gruff - The Three Little Pigs - The Gingerbread Man - Goldilocks and the Three Bears - The Enormous Turnip - The Whole Story KNOWLEDGE AND SKILLS - Create and perform sequences using travelling, shapes, balances, jumps and appropriate rolls. - Develop coordination, control and safe use of floor space and apparatus. - Perform, watch and describe sequences and use feedback to improve. YEAR-GROUP PATHWAYS EYFS: Create a short sequence; travel, stretch, jump, roll and begin to balance with control. Year 1: Copy and link actions with a beginning, middle and end; use contrasting shapes, simple balances and safe jumps. Year 2: Copy, explore and remember actions; link them into a sequence; travel, roll, balance and land with increasing control. VOCABULARY sequence, travel, shape, balance, roll, jump, land, control, apparatus, improve	Summer 1 Multi-Skills: Running and Jumping [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Multi-Skills: Running and Jumping (Year 1) - Changing gears - Changing routes - Kangaroos - Jumping frogs - Island jumping - Shadow jumping KNOWLEDGE AND SKILLS - Develop running at different speeds and over different distances. - Jump in different ways with a safe, controlled landing. - Throw underarm and overarm for accuracy or distance and compare performance. YEAR-GROUP PATHWAYS EYFS: Run in different ways; jump and land safely; roll and throw equipment towards a target. Year 1: Vary pace; run with basic technique; perform different jumps; throw underarm and overarm with increasing accuracy. Year 2: Select pace; combine jumps with control; throw varied equipment for accuracy and distance; compete and improve. VOCABULARY pace, speed, sprint, distance, jump, take-off, landing, underarm, overarm, accuracy SECOND HALF-TERM UNIT Summer 2 Multi-Skills: Sports Day [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Multi-Skills: Sports Day (Year 1) - Sprinting Race - Egg and Spoon Race - Sack Race - Target Throw - Football Race - Obstacle Race KNOWLEDGE AND SKILLS - Develop running at different speeds and over different distances. - Jump in different ways with a safe, controlled landing. - Throw underarm and overarm for accuracy or distance and compare performance. YEAR-GROUP PATHWAYS EYFS: Run in different ways; jump and land safely; roll and throw equipment towards a target. Year 1: Vary pace; run with basic technique; perform different jumps; throw underarm and overarm with increasing accuracy. Year 2: Select pace; combine jumps with control; throw varied equipment for accuracy and distance; compete and improve. VOCABULARY pace, speed, sprint, distance, jump, take-off, landing, underarm, overarm, accuracy

Finch Class PE - 2026/27 - Cycle B

Shared units with EYFS / Reception, Year 1 and Year 2 pathways

Autumn	Spring	Summer
Autumn 1 Gymnastics: Animals [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Gymnastics: Animals (Year 1) - Animal Antics - Bouncing Bunnies - At the Zoo - Fantastic Frogs - Hurtling Hedghogs - Speedy Squirrels KNOWLEDGE AND SKILLS - Create and perform sequences using travelling, shapes, balances, jumps and appropriate rolls. - Develop coordination, control and safe use of floor space and apparatus. - Perform, watch and describe sequences and use feedback to improve. YEAR-GROUP PATHWAYS EYFS: Create a short sequence; travel, stretch, jump, roll and begin to balance with control. Year 1: Copy and link actions with a beginning, middle and end; use contrasting shapes, simple balances and safe jumps. Year 2: Copy, explore and remember actions; link them into a sequence; travel, roll, balance and land with increasing control. VOCABULARY sequence, travel, shape, balance, roll, jump, land, control, apparatus, improve SECOND HALF-TERM UNIT Autumn 2 Invasion Games: At the Fair [Source unit: Twinkl Move Year 1; taught through Reception, Year 1 and Year 2 pathways] Invasion Games: At the Fair (Year 1) - Fairground Fun - Roll-a-ball - Monorail - Pinball - Coconut Shy - All the fun of the fair KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules	Spring 1 Circuit Training [Source unit: Twinkl Move Years 1-2; taught through Reception, Year 1 and Year 2 pathways] Circuit Training (Year 1) - Mind the cones - Just jump - Balancing act - Roll it, bounce it - The whole circuit - Help your partner KNOWLEDGE AND SKILLS - Move energetically and develop balance, agility, coordination and stamina. - Recognise how the body feels before, during and after physical activity. - Use equipment safely and understand that physical activity supports health. YEAR-GROUP PATHWAYS EYFS: Describe how the body feels when still and exercising and join sustained energetic movement. Year 1: Describe how the body feels before, during and after exercise and carry and place equipment safely. Year 2: Recognise bodily responses to different activities and explain what is needed to stay healthy. VOCABULARY exercise, heart, breathing, warm-up, balance, agility, coordination, stamina, healthy, safe SECOND HALF-TERM UNIT Spring 2 Multi-Skills: Bat and Ball [Source unit: Twinkl Move Years 1-2; taught through Reception, Year 1 and Year 2 pathways] Multi-Skills: Bat and Ball (Year 1) - Holding a racket - Strike it - Game time - Cricket bats - Bat the ball - Use your skills KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules	Summer 1 Dance: Plants [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Dance: Plants (Year 2) - Dig the Garden - Get Growing! - Seeds - Our Own Dance - The Beanstalk - At the Top of the Beanstalk KNOWLEDGE AND SKILLS - Use movement to respond to a stimulus and communicate an idea. - Combine and repeat actions, varying speed, level and movement quality. - Perform for others, observe respectfully and use simple feedback to improve. YEAR-GROUP PATHWAYS EYFS: Join movements, change speed or style and create a short movement phrase showing personal ideas. Year 1: Copy and repeat actions; create a motif; vary speed and use simple unison, canon or mirroring. Year 2: Create a short motif; change speed and level; use transitions, move in time and improve timing. VOCABULARY stimulus, action, motif, speed, level, unison, canon, mirroring, timing, evaluate SECOND HALF-TERM UNIT Summer 2 Athletics: Animal Olympics [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Animal Olympics (Year 2) - Olympic Values - Excellence - Determination - Courage - Equality - Inspiration KNOWLEDGE AND SKILLS - Develop running at different speeds and over different distances. - Jump in different ways with a safe, controlled landing. - Throw underarm and overarm for accuracy or distance and compare performance. YEAR-GROUP PATHWAYS EYFS: Run in different ways; jump and land safely; roll and throw equipment towards a target. Year 1: Vary pace; run with basic technique; perform different jumps; throw underarm and overarm with increasing accuracy. Year 2: Select pace; combine jumps with control; throw varied equipment for accuracy and distance; compete and improve. VOCABULARY pace, speed, sprint, distance, jump, take-off, landing, underarm, overarm, accuracy

Finch Class PE - 2027/28 - Cycle C

Shared units with EYFS / Reception, Year 1 and Year 2 pathways

Autumn	Spring	Summer
Autumn 1 Gymnastics: Landscapes and Cities [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Gymnastics: Landscapes and Cities (Year 2) - Farmer's Fields - Bales of Hay - Skyscrapers - Bridges - Building on Up - Building Bricks KNOWLEDGE AND SKILLS - Create and perform sequences using travelling, shapes, balances, jumps and appropriate rolls. - Develop coordination, control and safe use of floor space and apparatus. - Perform, watch and describe sequences and use feedback to improve. YEAR-GROUP PATHWAYS EYFS: Create a short sequence; travel, stretch, jump, roll and begin to balance with control. Year 1: Copy and link actions with a beginning, middle and end; use contrasting shapes, simple balances and safe jumps. Year 2: Copy, explore and remember actions; link them into a sequence; travel, roll, balance and land with increasing control. VOCABULARY sequence, travel, shape, balance, roll, jump, land, control, apparatus, improve SECOND HALF-TERM UNIT Autumn 2 Dance: Gunpowder Plot [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Dance: Gunpowder Plot (Year 2) - Plotting - Gunpowder - Foiled - The Mob - The Whole Story - Plotting (2) KNOWLEDGE AND SKILLS - Use movement to respond to a stimulus and communicate an idea. - Combine and repeat actions, varying speed, level and movement quality. - Perform for others, observe respectfully and use simple feedback to improve. YEAR-GROUP PATHWAYS EYFS: Join movements, change speed or style and create a short movement phrase showing personal ideas. Year 1: Copy and repeat actions; create a motif; vary speed and use simple unison, canon or mirroring. Year 2: Create a short motif; change speed and level; use transitions, move in time and improve timing. VOCABULARY stimulus, action, motif, speed, level, unison, canon, mirroring, timing, evaluate	Spring 1 Invasion Games [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Invasion Games (Year 2) - Groovy moving - Race into space - Flashy passing - You can't catch me - Stop the shot - Game time KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules SECOND HALF-TERM UNIT Spring 2 Best of Balls [Source unit: Twinkl Move Reception; taught through Reception, Year 1 and Year 2 pathways] Best of Balls (Reception) - Move the ball - Roll it, throw it - Hit that target - Rackets, bats, sticks and balls - Bounce and catch - It's a goal KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules	Summer 1 Multi-Skills: Target Games [Source unit: Twinkl Move Year 2; taught through Reception, Year 1 and Year 2 pathways] Multi-Skills: Target Games (Year 2) - Rolling games - Bullseye - Moving targets - Throwing golf - Kicking skills - Tactics and teamwork KNOWLEDGE AND SKILLS - Develop sending, receiving, striking and ball-control skills with increasing accuracy and control. - Travel safely, recognise useful space and begin to apply attacking and defending ideas. - Follow rules, participate in games and use observation to improve performance. YEAR-GROUP PATHWAYS EYFS: Move safely; roll, throw, catch, kick or strike; control equipment; follow simple rules and talk about what has been done. Year 1: Practise basic striking, sending and receiving; travel with a ball; begin to use space, attack and defend; watch and describe performance. Year 2: Use skills in games with increasing control; choose useful space and at least one attacking or defending technique; describe and improve performance. VOCABULARY send, receive, strike, throw, catch, control, space, attack, defend, rules SECOND HALF-TERM UNIT Summer 2 Games: The Olympics [Source unit: Twinkl Move Reception; taught through Reception, Year 1 and Year 2 pathways] Games: The Olympics (Reception) - Move that ball - Throw that ball - Run, run... - Avoid that object - Jump, jump... - Jump it - Mini Olympics KNOWLEDGE AND SKILLS - Develop running at different speeds and over different distances. - Jump in different ways with a safe, controlled landing. - Throw underarm and overarm for accuracy or distance and compare performance. YEAR-GROUP PATHWAYS EYFS: Run in different ways; jump and land safely; roll and throw equipment towards a target. Year 1: Vary pace; run with basic technique; perform different jumps; throw underarm and overarm with increasing accuracy. Year 2: Select pace; combine jumps with control; throw varied equipment for accuracy and distance; compete and improve. VOCABULARY pace, speed, sprint, distance, jump, take-off, landing, underarm, overarm, accuracy