

'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

Skylarks

KS2 PE 4-Year Rolling Programme

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

Skylarks is one mixed Year 3, 4, 5 and 6 class and follows a four-year rolling programme of shared Twinkl Move units. In each half-term, the whole class is taught one practical unit using the same sport or stimulus, equipment, vocabulary and official lesson sequence. The year-group label beside each unit identifies where the source pack can be found within Twinkl Move; it does not indicate the attainment level expected of every pupil. Each shared lesson is taught through Lower KS2 and Upper KS2 pathways drawn from the Twinkl Move progression maps. LKS2 pupils develop control, accuracy, consistency, cooperation and increasingly secure application; UKS2 pupils work with greater fluency, complexity and pressure and increasingly select tactics, analyse performance, lead and officiate. Teachers retain the official lesson focus while adapting task complexity, equipment, space, opposition, support, repetition, independence and success criteria. Pathways are starting points rather than ceilings and pupils may revisit an earlier statement where necessary. Swimming is the exception: it is taught by external providers, grouped by assessed swimming ability and evaluated against the three statutory National Curriculum outcomes.

National Curriculum entitlement	Pathway progression	Assessment and inclusion
Running, jumping, throwing and catching; competitive games and attacking and defending principles; flexibility, strength, technique, control and balance; dance; outdoor and adventurous activity; comparison and improvement of performance; swimming and safe self-rescue.	LKS2 pupils develop control, consistency, vocabulary, cooperation and simple application. UKS2 pupils perform under pressure, select and adapt tactics, analyse performance, lead, officiate and make increasingly independent choices.	Assessment is based on authentic performance and considers technique, consistency, application, tactics, safe participation, collaboration, fitness, vocabulary and improvement. Reasonable adjustments retain the same learning intention and ambition for pupils with SEND.

Four-year sequence at a glance

2024/25 - Cycle A	2025/26 - Cycle B	2026/27 - Cycle C	2027/28 - Cycle D
Netball • World War 2 Dance • Circuit Training • OAA • Athletics	Tag Rugby • Carnival of the Animals • Hockey • Cricket • Athletics	Hockey • Electricity Dance • Twinkl Swim • Tennis • Athletics	Basketball • Dance Through the Decades • Circuit Training • Rounders • Athletics

Skylarks Class PE - 2024/25 - Cycle A

One shared Twinkl sequence taught through Lower KS2 and Upper KS2 pathways

Autumn	Spring	Summer
Autumn 1 Invasion Games: Netball [Source unit: Twinkl Move Year 6; taught through LKS2 and UKS2 pathways] 1. Passing and catching 2. More passing and catching 3. Footwork and pivoting 4. Outwit your defender 5. Attacking and defending 6. High 5 Netball KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Autumn 2 Dance: World War 2 [Source unit: Twinkl Move Year 5; taught through LKS2 and UKS2 pathways] OFFICIAL TWINKL MOVE LESSON TITLES - SHARED SEQUENCE 1. Pre War: The Charleston 2. The Lambeth 3. The Lindy Hop 4. Planning an interpretive dance 5. Performing an interpretive dance 6. Dance party KNOWLEDGE AND SKILLS • Create and develop motifs from a stimulus or chosen dance style. • Use dynamics, rhythm, space, relationships and transitions to structure a dance. • Perform with control and expression and evaluate and refine the work. PHASE PATHWAYS LKS2: Create and adapt motifs; use rhythm, expression, dynamics and spatial awareness; compose and improve longer sequences with others. UKS2: Compose individual, partner and group dances; use pace, timing, transitions and dramatic expression; perform with fluency and precision and make justified refinements. VOCABULARY stimulus, motif, dynamics, rhythm, space, relationship, transition, expression, fluency, evaluate	Spring 1 Circuit Training [Source unit: Twinkl Move Year 6; taught through LKS2 and UKS2 pathways] 1. Circuit safety 2. Pulse racers 3. Mental wellbeing 4. Circuits and strength 5. Leading sessions 6. Group training KNOWLEDGE AND SKILLS • Understand the effects of exercise and the importance of strength and flexibility. • Warm up, exercise and cool down safely and with increasing independence. • Use performance information to set goals and demonstrate improvement. PHASE PATHWAYS LKS2: Recognise and describe the effects of exercise; explain why strength, flexibility, warming up and cooling down matter. UKS2: Explain and apply safety principles; warm up and cool down effectively; relate exercise to health, fitness and wellbeing and identify ways to become healthier. VOCABULARY exercise, warm-up, cool-down, strength, flexibility, stamina, fitness, health, safety, improvement SECOND HALF-TERM UNIT Spring 2: Lords Meadow Sports Mornings Swimming and water safety Gymnastics Multi-skills (hockey, netball, tennis)	Summer 1 OAA [Source unit: Twinkl Move Years 3; taught through LKS2 and UKS2 pathways] 1. Terrific Teamwork 2. Following Instructions 3. Problem Solving 4. Which Direction? 5. Magnificent Maps 6. Introduction to Orienteering KNOWLEDGE AND SKILLS • Orientate and navigate trails with increasing confidence and accuracy. • Use maps, keys and appropriate equipment while solving problems individually and in teams. • Communicate, organise and evaluate in order to improve performance and challenge. PHASE PATHWAYS LKS2: Orientate around a short trail; recognise features and symbols; communicate within a team; choose equipment and begin to improve completion time. UKS2: Navigate confidently using maps and compasses; choose efficient routes; work independently and in teams; lead, organise and evaluate under pressure. VOCABULARY orientate, trail, map, key, symbol, compass, route, communicate, team, evaluate SECOND HALF-TERM UNIT Summer 2 Athletics [Source unit: Twinkl Move Years 4; taught through LKS2 and UKS2 pathways] 1. Fundamentals 2. Finish fast 3. Relay running 4. Standing triple jump 5. Pull it 6. Pentathlon KNOWLEDGE AND SKILLS • Refine running technique and select a pace suited to the distance or event. • Develop controlled take-off, flight and landing in jumping activities. • Use appropriate throwing techniques, measure results and improve personal performance. PHASE PATHWAYS LKS2: Improve sprinting and pacing; develop take-off, flight and safe landing; use push and pull throws with increasing control and accuracy. UKS2: Refine starts, acceleration, stamina and relay work; improve jumping for height and distance; use fling and heave throws, measure accurately and support others to improve. VOCABULARY sprint, pace, stamina, relay, take-off, flight, landing, push, pull, fling, heave, personal best

Skylarks Class PE - 2025/26 - Cycle B

One shared Twinkl sequence taught through Lower KS2 and Upper KS2 pathways

Autumn	Spring	Summer
Autumn 1 Invasion Games: Tag Rugby [Source unit: Twinkl Move Year 4; taught through LKS2 and UKS2 pathways] 1. Throwing and Catching 2. Moving and Dodging 3. Tagging 4. Intercepting 5. Attacking and Defending 6. Gameplay KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Autumn 2 Invasion Games: Hockey [Source unit: Twinkl Move Year 4; taught through LKS2 and UKS2 pathways] 1. Passing and receiving 2. Moving the ball 3. Getting past an opponent 4. Tackling 5. It’s a goal 6. Using your skills KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate	Spring 1 Dance: Carnival of the Animals [Source unit: Twinkl Move Year 4; taught through LKS2 and UKS2 pathways] 1. Carnival of the animals 2. Keeping control 3. Dynamic dance 4. Feel the rhythm 5. The finale KNOWLEDGE AND SKILLS • Create and develop motifs from a stimulus or chosen dance style. • Use dynamics, rhythm, space, relationships and transitions to structure a dance. • Perform with control and expression and evaluate and refine the work. PHASE PATHWAYS LKS2: Create and adapt motifs; use rhythm, expression, dynamics and spatial awareness; compose and improve longer sequences with others. UKS2: Compose individual, partner and group dances; use pace, timing, transitions and dramatic expression; perform with fluency and precision and make justified refinements. VOCABULARY stimulus, motif, dynamics, rhythm, space, relationship, transition, expression, fluency, evaluate SECOND HALF-TERM UNIT Spring 2: Lords Meadow Sports Mornings Swimming and water safety Gymnastics Multi-skills (hockey, netball, tennis)	Summer 1 Striking and Fielding Games: Cricket [Source unit: Twinkl Move Year 6; taught through LKS2 and UKS2 pathways] 1.Speedy catching 2.Attacking the ball 3.Distance throwing 4.Brilliant batting 5.Bowled over 6.Skills circuit KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Summer 2 Athletics [Source unit: Twinkl Move Year 5; taught through LKS2 and UKS2 pathways] 1. Fundamentals 2. Sprint start 3. Endurance running 4. Jumping for height 5. Fling throw 6. Throwing gala KNOWLEDGE AND SKILLS • Refine running technique and select a pace suited to the distance or event. • Develop controlled take-off, flight and landing in jumping activities. • Use appropriate throwing techniques, measure results and improve personal performance. PHASE PATHWAYS LKS2: Improve sprinting and pacing; develop take-off, flight and safe landing; use push and pull throws with increasing control and accuracy. UKS2: Refine starts, acceleration, stamina and relay work; improve jumping for height and distance; use fling and heave throws, measure accurately and support others to improve. VOCABULARY sprint, pace, stamina, relay, take-off, flight, landing, push, pull, fling, heave, personal best

Skylarks Class PE - 2026/27 - Cycle C

One shared Twinkl sequence taught through Lower KS2 and Upper KS2 pathways

Autumn	Spring	Summer
Autumn 1 Invasion Games: Football [Source unit: Twinkl Move Year 3; taught through LKS2 and UKS2 pathways] 1. Ball control and dribbling 2. Perfect passing 3. Space invaders 4. Dazzling defending 5. Shooting and fitness 6. Gameplay and teamwork KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Autumn 2 Circuit Training [Source unit: Twinkl Move Years 3; taught through LKS2 and UKS2 pathways] 1.Ways to travel 2.Changing travel 3.Ball skills 4.Balance and coordination 5.Full circuit 6.Adapt and improve KNOWLEDGE AND SKILLS • Understand the effects of exercise and the importance of strength and flexibility. • Warm up, exercise and cool down safely and with increasing independence. • Use performance information to set goals and demonstrate improvement. PHASE PATHWAYS LKS2: Recognise and describe the effects of exercise; explain why strength, flexibility, warming up and cooling down matter. UKS2: Explain and apply safety principles; warm up and cool down effectively; relate exercise to health, fitness and wellbeing and identify ways to become healthier. VOCABULARY exercise, warm-up, cool-down, strength, flexibility, stamina, fitness, health, safety, improvement	Spring 1 Dance: Electricity [Source unit: Twinkl Move Year 6; taught through LKS2 and UKS2 pathways] 1. Taming electricity 2. Circuits 3. Musical Moves 4. Powerhouse 5. The Journey of a Spark 6. Sharing the Spark KNOWLEDGE AND SKILLS • Create and develop motifs from a stimulus or chosen dance style. • Use dynamics, rhythm, space, relationships and transitions to structure a dance. • Perform with control and expression and evaluate and refine the work. PHASE PATHWAYS LKS2: Create and adapt motifs; use rhythm, expression, dynamics and spatial awareness; compose and improve longer sequences with others. UKS2: Compose individual, partner and group dances; use pace, timing, transitions and dramatic expression; perform with fluency and precision and make justified refinements. VOCABULARY stimulus, motif, dynamics, rhythm, space, relationship, transition, expression, fluency, evaluate SECOND HALF-TERM UNIT Spring 2: Lords Meadow Sports Mornings Swimming and water safety Gymnastics Multi-skills (hockey, netball, tennis)	Summer 1 Net and Wall Games: Tennis [Source unit: Twinkl Move Year 5; taught through LKS2 and UKS2 pathways] 1.ABCs of tennis 2.Ferocious forehand 3.Brilliant backhand 4.The serve 5.The volley 6.Match point KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Summer 2 Athletics [Source unit: Twinkl Move Years 6; taught through LKS2 and UKS2 pathways] 1.Athletic fundamentals 2.Sprint relays 3.Middle and long-distance running 4.How to hurdle 5. Jumping jamboree 6.The heave throw KNOWLEDGE AND SKILLS • Refine running technique and select a pace suited to the distance or event. • Develop controlled take-off, flight and landing in jumping activities. • Use appropriate throwing techniques, measure results and improve personal performance. PHASE PATHWAYS LKS2: Improve sprinting and pacing; develop take-off, flight and safe landing; use push and pull throws with increasing control and accuracy. UKS2: Refine starts, acceleration, stamina and relay work; improve jumping for height and distance; use fling and heave throws, measure accurately and support others to improve. VOCABULARY sprint, pace, stamina, relay, take-off, flight, landing, push, pull, fling, heave, personal best

Skylarks Class PE - 2027/28 - Cycle D

One shared Twinkl sequence taught through Lower KS2 and Upper KS2 pathways

Autumn	Spring	Summer
Autumn 1 Invasion Games: Basketball [Source unit: Twinkl Move Year 3; taught through LKS2 and UKS2 pathways] 1. The basics 2. Masterful moving 3. Passing practice 4. Defend, defend, defend 5. Attack, attack, attack 6. Game play KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Spring 2 Circuit Training [Source unit: Twinkl Move Years 4; taught through LKS2 and UKS2 pathways] 1. Exercise Effects 2. Upper Body 3. Lower Body 4. Core 5. Setting Targets 6. Personal Best KNOWLEDGE AND SKILLS • Understand the effects of exercise and the importance of strength and flexibility. • Warm up, exercise and cool down safely and with increasing independence. • Use performance information to set goals and demonstrate improvement. PHASE PATHWAYS LKS2: Recognise and describe the effects of exercise; explain why strength, flexibility, warming up and cooling down matter. UKS2: Explain and apply safety principles; warm up and cool down effectively; relate exercise to health, fitness and wellbeing and identify ways to become healthier. VOCABULARY exercise, warm-up, cool-down, strength, flexibility, stamina, fitness, health, safety, improvement	Spring 1 Dance Through the Decades [Source unit: Twinkl Move Year 6; taught through LKS2 and UKS2 pathways] 1. 1960s 2. 1970s 3. 1980s 4. 1990s 5. 2000s 6. 2010 KNOWLEDGE AND SKILLS • Create and develop motifs from a stimulus or chosen dance style. • Use dynamics, rhythm, space, relationships and transitions to structure a dance. • Perform with control and expression and evaluate and refine the work. PHASE PATHWAYS LKS2: Create and adapt motifs; use rhythm, expression, dynamics and spatial awareness; compose and improve longer sequences with others. UKS2: Compose individual, partner and group dances; use pace, timing, transitions and dramatic expression; perform with fluency and precision and make justified refinements. VOCABULARY stimulus, motif, dynamics, rhythm, space, relationship, transition, expression, fluency, evaluate SECOND HALF-TERM UNIT Spring 2: Lords Meadow Sports Mornings Swimming and water safety Gymnastics Multi-skills (hockey, netball, tennis)	Summer 1 Striking and Fielding Games: Rounders [Source unit: Twinkl Move Year 5; taught through LKS2 and UKS2 pathways] 1.Careful catching 2.Target practice 3.Successful striking 4.Fantastic fielding 5.Game play KNOWLEDGE AND SKILLS • Develop control and accuracy when sending, receiving, striking or travelling with a ball. • Use space, retain or regain possession and apply attacking and defending principles. • Apply rules and tactics in competition and evaluate how skills affect performance. PHASE PATHWAYS LKS2: Throw and catch with greater control; travel and pass in different ways; find useful space; apply rules fairly and use simple attacking and defending skills. UKS2: Select and link techniques under pressure; keep and regain possession; choose or create tactics; communicate plans and evaluate performance using clear criteria. VOCABULARY control, accuracy, possession, space, attack, defend, tactics, rules, perform, evaluate SECOND HALF-TERM UNIT Summer 2 Athletics [Source unit: Twinkl Move Year 3; taught through LKS2 and UKS2 pathways] 1. The basics 2. Super sprinting 3. Heroic hurdling 4. Jumping animals 5. Thorough throwing 6. Push throw space mission KNOWLEDGE AND SKILLS • Refine running technique and select a pace suited to the distance or event. • Develop controlled take-off, flight and landing in jumping activities. • Use appropriate throwing techniques, measure results and improve personal performance. PHASE PATHWAYS LKS2: Improve sprinting and pacing; develop take-off, flight and safe landing; use push and pull throws with increasing control and accuracy. UKS2: Refine starts, acceleration, stamina and relay work; improve jumping for height and distance; use fling and heave throws, measure accurately and support others to improve. VOCABULARY sprint, pace, stamina, relay, take-off, flight, landing, push, pull, fling, heave, personal best