











beyond the physical		Year 1 MTP 2025-26					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lesson 2	Lessons 1 & 2 for the first three weeks	Learning theme hands feet equipment 	react roll retrieve 	Swimming	Swimming	look run avoid 	fair share dare 
	Lessons 1 & 2 for the last three weeks	NCPE link 'Develop fundamental movement skills – object control'	NCPE link 'Develop fundamental movement skills – locomotion and object control'			NCPE link 'Team games, developing simple tactics for attacking and defending'	NCPE link 'Embed values such as fairness and respect'
Lesson 2 or Lesson 1	Lessons 1 & 2 for the first three weeks	Learning theme run jump throw 	agility balance coordination 	inspire create perform 	send receive return 	target control combine 	duel win lose 
	Lessons 1 & 2 for the last three weeks	NCPE link 'Master basic movements including running, jumping and throwing'	NCPE link 'Master basic movements including agility, balance and coordination'	NCPE link 'Perform dances using simple movement patterns'	NCPE link 'Develop fundamental movement skills – object control'	NCPE link 'Master basic movements including throwing and coordination'	NCPE link 'Team games, developing simple tactics for attacking and defending'