

Progression in PESSPA (PE)

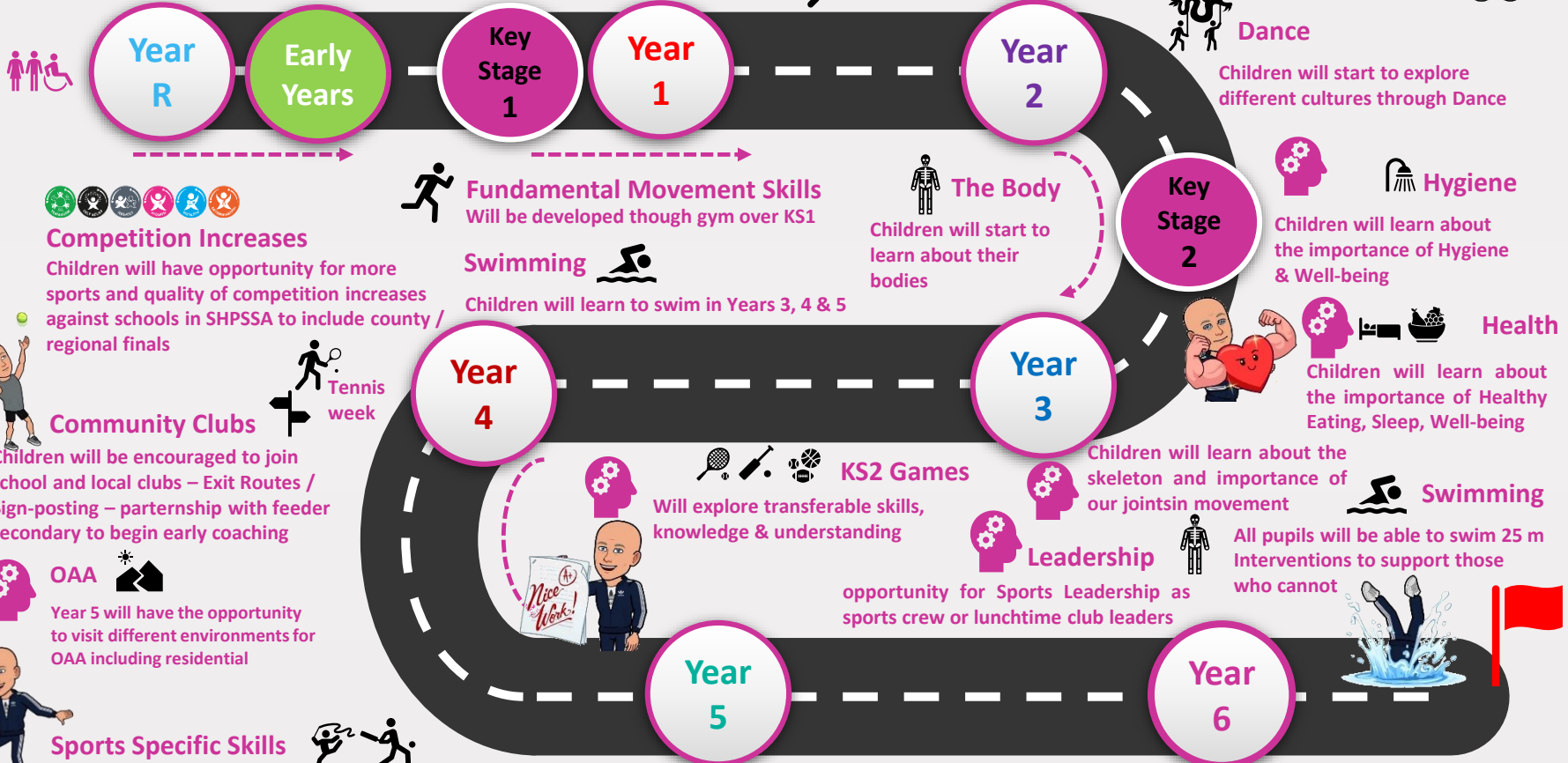


The Journey Starts

All children to achieve a GLD by end of Reception EYFS

Competition

Children will be introduced to competition – Intra / Inter Sportsday / School Games and inter school competition through membership of SHPSSA at Higher/Aspire and Inspire levels



Year R

Early Years

Key Stage 1

Year 1

Year 2

Key Stage 2

Year 3

Year 4

Year 5

Year 6

Dance

Children will start to explore different cultures through Dance

Hygiene

Children will learn about the importance of Hygiene & Well-being

Health

Children will learn about the importance of Healthy Eating, Sleep, Well-being

Swimming

All pupils will be able to swim 25 m Interventions to support those who cannot

Strategies, Tactics, Rules, Roles

Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach)

End of KS2

Children will leave with a love of PE, physical activity & sport. At secondary school they will have the confidence to engage in opportunities, clubs, teams. They will choose GCSE PE, Sports Leadership & ultimately active, healthy lifestyles

Competition Increases

Children will have opportunity for more sports and quality of competition increases against schools in SHPSSA to include county / regional finals

Fundamental Movement Skills
Will be developed though gym over KS1

Swimming
Children will learn to swim in Years 3, 4 & 5

The Body
Children will start to learn about their bodies

Community Clubs

Children will be encouraged to join school and local clubs – Exit Routes / Sign-posting – partnership with feeder secondary to begin early coaching

OAA

Year 5 will have the opportunity to visit different environments for OAA including residential

Sports Specific Skills

Children will learn specific sports skills within lessons applying them in different scenarios and related sports

KS2 Games

Will explore transferable skills, knowledge & understanding

Leadership

opportunity for Sports Leadership as sports crew or lunchtime club leaders

Cyclability safety instruction for all children in year 6

