Progression of PE Skills

Clahal Caala		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2					
Global Goals	Global Goal 6 Clean water and sanita	ation - Everyone has safe water and s	sanitation. Improve healthy hygiene h	nabits. Stop chemicals being thrown into the wa	ter. Protect water environments.						
SIAMS	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs.										
	2b The school supports all pupils in their spiritual development, enabling all pupils to flourish.										
	5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.										
Lesson	Athletics	Invasion Games	Gymnastics	Dodgeball	Orienteering	Striking and Fielding					
Swimming	YEAR 3				YEAR 3						
	Swim competently, confidently				Swim competently, confidently and						
	and proficiently over a distance of				proficiently over a distance of at						
	at least 25 metres				least 25 metres						
	Use a range of strokes effectively				Use a range of strokes effectively						
	[for example, front crawl,				[for example, front crawl,						
	backstroke and breaststroke]				backstroke and breaststroke]						
	backstroke and breaststrokej				backstroke and breaststrokej						
	Perform safe self-rescue in				Perform safe self-rescue in						
	different water-based situations.				different water-based situations.						
	different water-based situations.				different water-based situations.						
NC	Master basic movements	Participate in team games,	Develop flexibility, strength,	Master basic movements including running,	Take part in outdoor and	Participate in team games,					
	including running, jumping,	developing simple tactics for	technique, control and balance	jumping, throwing and catching, as well as	adventurous activity challenges	developing simple tactics for					
	throwing and catching, as well as	attacking and defending.	[for example, through athletics	developing balance, agility and co-	both individually and within a team	attacking and defending.					
	developing balance, agility and co-		and gymnastics]	ordination, and begin to apply these in a							
	ordination, and begin to apply	Play competitive games, modified		range of activities.		Play competitive games, modified					
	these in a range of activities.	where appropriate [for example,	Compare their performances with			where appropriate [for example,					
		badminton, basketball, cricket,	previous ones and demonstrate	Participate in team games, developing		badminton, basketball, cricket,					
	Participate in team games,	football, hockey, netball, rounders	improvement to achieve their	simple tactics for attacking and defending.		football, hockey, netball, rounders					
	developing simple tactics for	and tennis], and apply basic	personal best.	Play competitive games, modified where		and tennis], and apply basic					
	attacking and defending.	principles suitable for attacking		appropriate [for example, badminton,		principles suitable for attacking and					
	Use running, jumping, throwing	and defending.		basketball, cricket, football, hockey, netball,		defending.					
	and catching in isolation and in			rounders and tennis], and apply basic							
	combination.			principles suitable for attacking and							
				defending.							
KS3	Build on and embed the physical dev	velopment and skills learned in KS 18	ı 2, to make pupils become more com	l petent, confident and expert in their technique	s, and apply them across the range of o	diverse sports and physical activities					
				e effective. Encourage all pupils to develop thei							
	exercise, sports and activities out of school and in later life, underpin this with an understand of the long-term health benefits of being physically active.										
	• Develop competence to excel in a		Ç	-· · ·							
	• Are physically active for sustained periods of time										
	• Engage in competitive sports and activities										
	Lead healthy, active lives.										
-	Sports Hall (AVSSP)	KS2 Basketball (AVSSP)	Dodgeball (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP)	Go Ride (AVSSP)					
	RS Coaching Football	Handball (AVSSP)	Futsal (KS2)			Tough Runner (AVSSP)					
			Indoor Rowing (AVSSP)			Kwik Cricket (AVSSP)					
						KS2 Swimming Gala (AVSSP)					
						Quad Kids (AVSSP)					
	Football, Multi Skills, Basketball			T	1	T					
Enrichment				Tough Rower		Tough Runner Sports Day					

Progression of PE Skills

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
Global Goals	Global Goal 6 Clean water and sani	tation - Everyone has safe water and	sanitation. Improve healthy hygiene	habits. Stop chemicals being thrown into the wa	ter. Protect water environments.				
SIAMS	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs. 2b The school supports all pupils in their spiritual development, enabling all pupils to flourish. 5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.								
Lesson	Athletics	Circuit Training	Dance	Net Games	Hockey	KS1 Handball Basketball/Netball			
Swimming	YEAR 3 Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.				YEAR 3 Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.				
NC	Use running, jumping, throwing and catching in isolation and in combination	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Perform dances using simple movement patterns. Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Participate in team games, developing simple tactics for attacking and defending	Participate in team games, developing simple tactics for attacking and defending Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.			
KS3 NC and Intent	Build on and embed the physical development and skills learned in KS 1&2, to make pupils become more competent, confident and expert in their techniques, and apply them across the range of diverse sports and physical activities that we cover throughout KS3. Pupils are taught to understand what makes their own and others performance effective. Encourage all pupils to develop their confidence and interests in sport and inspire pupils to get involved in exercise, sports and activities out of school and in later life, underpin this with an understand of the long-term health benefits of being physically active. • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Lead healthy, active lives.								
Competitions	Sportshall (AVSSP) RS Coaching Football	KS2 Basketball (AVSSP) Handball (AVSSP)	Dodgeball (AVSSP) Indoor Rowing (AVSSP) Futsal (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP) Tennis (AVSSP)	Go Ride (AVSSP) Tough Runner (AVSSP) Kwik Cricket (AVSSP) KS2 Swimming Gala (AVSSP) Quad Kids (AVSSP)			
Clubs	Football, Multi Skills, Basketball	•		•	•				
Enrichment	,,,			Tough Rower		Tough Runner Sports Day			