

Progression of PE Skills

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Global Goals	Global Goal 6 Clean water and sanitation - Everyone has safe water and sanitation. Improve healthy hygiene habits. Stop chemicals being thrown into the water. 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 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	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.	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.	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. 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.	Take part in outdoor and adventurous activity challenges both individually and within a team	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. <ul style="list-style-type: none"> • 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	Sports Hall (AVSSP) RS Coaching Football	KS2 Basketball (AVSSP) Handball (AVSSP)	Dodgeball (AVSSP) Futsal (KS2) Indoor Rowing (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (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

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 sanitation - Everyone has safe water and sanitation. Improve healthy hygiene habits. Stop chemicals being thrown into the water. 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. <ul style="list-style-type: none"> • 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