Progression in Physical Education, School Sport and Physical Activity

The Journey Starts

All children to achieve a GLD by end of Reception

Interventions to support in KS1

Children identified for extra support with gross & fine motor skills (Enabling / Accessing)

Competition

Children will be introduced to competition – Personal Challenge / Intra / Inter Sportsday / Kent School Games

Dance

Children will start to explore different cultures through Dance

Fundamental Movement Skills

Will be developed over KS1

The Body

Children will begin to learn about their bodies

Hygiene

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

Competition Increases

Children will have opportunity to participate in more sports and level of competition increases to include county / regional finals

Swimming

Children will learn to swim in Years 3 & 4

Health

Children will learn about the importance of healthy active lifestyles.

Community Clubs

Links will be developed with clubs and children will be encouraged to join local clubs – Exit Routes / sign-posting

KS2 Games

Exploration of transferable skills, knwledge & understanding

Leadership

Children will have opportunity for Sports Leadership and Health Champions

Swimming

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

OAA

Pupils in KS2 will have the opportunity to visit different environments for OAA including residential

Sports Specific Skills

Children will learn specific sports skills during lessons applying them in a variety of scenarios and related sports

Strategies, Tactics, Rules, Roles

Children will build upon their understanding of strategies, tactics and rules for sports. They will learn about and take on different roles (e.g. umpire, coach)

End of KS2

Children will leave with a love of PE, physical activity & sport. In KS3 &4 they will engage in PE lessons and all the opportunities secondary PE brings. And lead healthy active lifestyles.