

Curriculum Progression Map

Willow

PE



Key Stage 1

Curriculum Intent:

Children will have exposure to a range of fundamental movement skills, becoming competent and confident, accessing a broad range of opportunities to develop their agility, balance and coordination, individually and with others.

Children will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children will be able to explore a range of skills within different activities and be physically active for sustained periods of time.

Implementation:

Pupils in Key Stage 1 will be taught through an explorative approach to: develop basic movements including running, jumping, throwing and catching, as well as exploring balance, agility and co-ordination, and begin to apply these in a range of activities both individually, within pairs and as a group.

Learning Specific Skills:

- Children can demonstrate an awareness of a range of different movement skills
- Children will develop their confidence when showing balance, agility and coordination skills.

Universal Skills:

COGNITIVE: I can follow simple instructions and have an awareness of cause and effect.

SOCIO-EMOTIONAL: I will be able to work cooperatively within pairs and in groups.

PHYSICAL: I will have some spatial awareness and will develop fine and gross motor movements.

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Key Stage 2

Curriculum Intent:

Children will continue to apply and develop a broader range of skills, learning how to use them in different ways, using communication to collaborate and compete against one another.

Children will develop an understanding of how to improve different physical activities and sports, starting to learn how to evaluate and recognise own and peer success.

Children will take part in outdoor and adventurous activities both individually and within a team to develop a range of different skills.

Implementation:

Pupils in Key Stage 2 will be taught how to run, jump, throw and catch, exploring competitive games modified for the children's needs. Pupils will develop flexibility, strength, technique, control and balance within a range of activities and start to demonstrate improvement on previous performances through own self assessment.

Learning Specific Skills:

- Children can apply and develop a broad range of skills, learning how to use them in different ways – communicating, collaborating and competing with peers.
- Children will become increasingly confident when showing balance, agility and coordination skills.

Universal Skills:

COGNITIVE: Follow simple instructions to achieve a goal.

SOCIO-EMOTIONAL: Work cooperatively in pairs or small groups with support.

PHYSICAL: Copy a simple movement action with support.

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Key Stage 3

Curriculum Intent:

Pupils to build on and embed the development and skills learnt in key stages 1 and 2 becoming more competent, confident and expert in their techniques and applying these in different sports.

Pupils to start to use a range of tactics to overcome opponents in team sports to develop techniques and improve performance. .

Pupils participate in PE enrichment lessons, choosing between a range of different activities developing team work, solving problems within both competitive and non-competitive activities.

Implementation:

Pupils in Key Stage 3 will be taught how to develop techniques within a range of different sports. Taking part in outdoor and adventurous activities to develop a range of different skills including team work.

Pupils will take part in a variety of PE Enrichment activities that are competitive and non-competitive sports in a range of different environment including within the community.

Learning Specific Skills:

- Children can apply and develop a broad range of skills, working as a team, building trust and developing skills to solve problems.
- Children will be confident when showing balance, agility and coordination skills in a variety of sports activities and lessons.
- Children will start to use different tactics to overcome opponents within different team sports.

Universal Skills:

COGNITIVE: Talk about what I am doing well and contribute ideas.

SOCIO-EMOTIONAL: Begin to work independently on simple tasks

PHYSICAL: Begin to show some control in my movement and skills, lacking consistency.

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Key Stage 4

Curriculum Intent:

Pupils to develop physical competence and knowledge on movement and safety, and their ability to use these in a range of physical activities. Students imbed a range of physical skills learnt through key stages 1-4.

Students to develop an understanding of a healthy lifestyle, increasing their own physical fitness through a range of team and individual activities.

Students to have the opportunity to take part in a range of competitive sports to develop a range of skills including teamwork, communication, self-esteem and confidence.

Students will have the opportunity to take part in sports that can be transferred to extra curricula clubs within the community developing lifelong participation in physical activity.

Implementation:

Pupils in Key Stage 4 will be taught a range of skills through a choice of different enrichment PE activities. Students will understand the reasons for taking part in PE and the effects it has on our bodies.

Pupils will take part in both indoor and outdoor sports including Football, Hockey, Basketball, Badminton, Cricket, Rounders, Tennis, Boccia, Trampolining, Climbing, Archery, Athletics, Gymnastics and Multi-Sports.

Students will take part in these sports in both a competitive and non-competitive scenarios, competing against each other or themselves.

Learning Specific Skills:

- Children can develop competence and resilience in a range of different physical activities learning tactics and strategies to overcome opponents.
- Children will be confident when learning a set of rules within a game and be able to play the game correctly and officiate with support.
- Children will develop trust, teamwork and problem-solving skills through a range of outdoor adventurous activities.

Universal Skills:

COGNITIVE: Follow and understand simple rules

SOCIO-EMOTIONAL: Listen to feedback from a partner

Work independently on simple tasks for short periods

PHYSICAL: Copy and repeat fundamental movement skills in isolation

Move in a range of ways showing some control