

**Physical Education Curriculum Progression**  
**Peasedown St John School**

***“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.” - John F. Kennedy***

***Our vision for PE: Encouraging all children to lead active and healthy lifestyles through both sport and joy, whilst excelling in competitive sport and other physically demanding activities.***

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Thus, a curriculum that is fully inclusive and accessible so all children can be and feel successful, in addition to supporting children’s development in being creative, confident, and caring. This aligns with a high-quality PE curriculum providing opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.

At PSJ School we recognise the value of Physical Education. We fully adhere to the aims of the National Curriculum for Physical Education that all children:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive and inclusive sports and activities
- Lead healthy, active lives

Children receive 2 hours of PE lessons each week. Lessons are based on the Get Set for PE commercial scheme and are taught by either class teachers or PE coaches. In these sessions we aim to inspire all children to succeed in competitive and physically demanding activities and therefore develop a love for sport. Opportunities are provided for pupils to become physically confident in a way which supports their health and fitness and embed values such as fairness, trust, resilience, joy and respect. We listen to our children's wants and needs and provide them with a range of active experiences and clubs. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes. We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond. We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local clubs and partnerships within our community to ensure the children and families receive the support and knowledge they need.

Throughout the year children in Year 4 (and sometimes Years 5 and 6 depending on their swimming abilities and the pool’s capacity) will have the opportunity to receive swimming lessons which will take place at Midsomer Norton Swimming Pool.

*Our forwards and backwards engineering* of the curriculum allows children to return to the same concepts over and over again, gradually building their understanding of, and mastery of skills. Our curriculum distinguishes between PE areas of study and Big Ideas (threshold concepts) which tie the two areas together into a meaningful *schema*.


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We have identified threshold concepts, the most significant knowledge in the subject, which form a schema to help pupils to assimilate new knowledge and are referred to in a wide breadth of topics. In physical education the Big Ideas are:



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**National Curriculum Breadth of Study in Physical Education**

EYFS		KS1		KS2			
N	R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy.</p> <p> PSJ- Moving and Handling</p>		<p><b>Key Stage 1 children will be taught to:</b></p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</li> <li>- participate in team games, developing simple tactics for attacking and defending</li> <li>- perform dances using simple movement patterns</li> </ul>		<p><b>Key Stage 2 children will be taught to:</b></p> <p>Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul> <p>Swimming and water safety: KS2 children will be taught to:</p> <ul style="list-style-type: none"> <li>• swim confidently and proficiently over a distance of at least 25 metres</li> <li>• use a range of strokes effectively e.g. front crawl, backstroke and breaststroke</li> <li>• perform safe self-rescue in different water-based situations</li> </ul>			

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**Links to whole school curriculum drivers**

	<i>EYFS</i>		<i>KS1</i>		<i>LKS2</i>		<i>UKS2</i>	
	<i>N</i>	<i>R</i>	<i>Year 1</i>	<i>Year 2</i>	<i>Year 3</i>	<i>Year 4</i>	<i>Year 5</i>	<i>Year 6</i>
<b><i>Community links - local and global, diversity and commonality</i></b>	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive BANES Bikeability scheme	Evo Sports - Club delivery & wrap around care Bath All Starz Cheerleading Group Teach Sport - Club delivery Progressive Sports - Club delivery Peasedown Cricket Club Writhlington Tennis Centre The Hive BANES Bikeability scheme
<b><i>Visits, opportunities and experiences</i></b>		Sports Day - Hosted at Peasedown Cricket Club  Botcha & Kurling experience day	Sports Day - Hosted at Peasedown Cricket Club  Multi sports festival at Bath University	Sports Day - Hosted at Peasedown Cricket Club  Multi sports festival at Bath University	Sports Day - Hosted at Peasedown Cricket Club  Mixed Football events  Tennis events at Writhlington Sports Centre	Sports Day - Hosted at Peasedown Cricket Club  Mixed Football events  Tennis events at Writhlington Sports Centre	Sports Day - Hosted at Peasedown Cricket Club MNSP Swimming Gala Cross Country competitions Gymnastics competitions Bikeability Mixed Football Competitions Inclusive multi sports festivals Quad kids festivals	Sports Day - Hosted at Peasedown Cricket Club Somerset County Cricket Ground MNSP Swimming Gala Cross Country competitions Gymnastics competitions Bikeability Mixed Football Competitions Inclusive multi sports festivals Quad kids festivals Taster Archey Day
<b><i>High quality books - fiction and non-fiction</i></b>	The Runaway pea	The Runaway pea  Jabari jumps	Marcus Rashford	Wilma Rudolph	Ellie Simmonds	Muhammad Ali	Simone Biles	Tom Daley

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**Our Overview of PE Teaching (How we have organised the N.C. Breadth of Study)**

Main Hall/ Playground	Year Group													
	R		1		2		3		4		5		6	
New Hall/ Field	Teacher		Gino/Teacher	Teacher	Gino/Teacher	Teacher	Gino/Teacher	Teacher	Gino/Teacher	Teacher	Gino/Teacher	Teacher	Gino/Teacher	Teacher
Term 1	Fundamentals	Fundamentals	Team Building	Fundamentals	Fundamentals	Team Building	Football	Fundamentals	Ball Skills	Swimming / Cricket	Cricket	Football	Tag Rugby	Hockey
Term 2	Dance	Dance	Ball Skills	Yoga	Sending & Receiving	Gymnastics	Dodgeball	Yoga	Gymnastics	Swimming / Ball skills	Fitness	Netball	Gymnastics	Badminton
Term 3	Gymnastics	Gymnastics	Gymnastics	Dance	Ball Skills	Dance	Fitness	Dance Umbrella	Dodgeball	Swimming / Netball	Gymnastics	Dance Umbrella	Volleyball	Dodgeball
Term 4	Cross the midline	Cross the midline	Invasion Games	Sending & Receiving	Fitness	Yoga	Gymnastics	Handball	Fitness	Swimming / Football	Handball	Hockey	Netball	Fitness
Term 5	Sports Day skills	Sports Day skills	Athletics	Target Games	Athletics	Maypole & Country Dance	Athletics	Ball Skills	Athletics	Basketball	Athletics	Basketball (& mop-up swimming)	Athletics	Rounders
Term 6	Ball Skills	Ball Skills	Net & Wall games	Striking & Fielding	Striking & Fielding	Maypole & Country Dance	OAA	Rounders	OAA	Tennis	OAA	Tennis	Football	Golf (& mop-up swimming)

**Summary of key knowledge, skills and vocabulary that we teach**

Please follow the Get Set for PE links below for our progression of knowledge, skills and vocabulary.

- [LONG TERM PROGRESSION MAP](#)
- [Skills & Knowledge Progression Ladders](#)
- [Vocabulary\\_Pyramids\\_\(1\).pdf](#)

**Inclusion**

All pupils should and can be included in physical activity. Get Set offers support for teachers to ensure that all pupils can participate in PE lessons, developing and thriving in sport whatever the pupils' starting point.

**Assessment for and of learning**

All aspects of the PE curriculum can be assessed against the Get Set Assessment Criteria of skills and knowledge.