

## Progression of Skills and Knowledge in Physical Education



*Physical Education*

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## **Physical Education Overview, written by Hanna Hannam, Subject Leader**

### **Curriculum Intent**

At Elton Church of England Primary school, we understand the importance of all pupils developing a love and passion of sport, and being physically active for life. We are passionate about fostering our pupils' health and mental wellbeing, as well as their knowledge and skills, in a fun and enriching way. We strive for our pupils to become well rounded individuals in terms of their emotional development as we focus on key qualities such as teamwork, communication, sportsmanship, respecting each other and aspiring to achieve. The pupils develop increasing confidence and competency in a broad range of sports and extra-curricular enrichment activities that are provided not only during the PE lessons but through positive play sessions timetabled throughout the day. We are proactive in promoting and celebrating all sporting achievements and giving all pupils the opportunity to flourish and shine and become physically literate for life.

### **Curriculum Implementation**

PE and sport at Elton Church of England Primary School provides enjoyable and challenging lessons through a wide range of sporting opportunities. We cover a wide range of sports such as: team games; striking and fielding sports; outdoor adventurous activities; ball and racket sports; gymnastics, dance and athletics. Pupils receive two hours of high-quality PE lessons per week provided by our passionate and enthusiastic sports coach. In addition to this, all pupils are actively encouraged to participate in specialist positive play provision at break times and lunch times. The purpose of this is to keep all children actively participating in a range of activities at lunch times. This level of engagement supports children's mental wellbeing as it means no child ever has to be on their own. It also reduces the number of behavioural incidences that can occur at lunchtimes as children are engaging positively with activities.

### **Curriculum Impact**

All pupils are treated as unique individuals who are given the opportunity to reach their highest potential in sport. We pride ourselves in developing their self-esteem, confidence, resilience and most importantly a love of sport! A PE themed assembly each term, gives high profile to a different aspect of keeping fit and healthy – diet, mental health, resilience and dealing with competition for example. Year 6 team leaders use what they have learned in their PE lessons to act as sports leaders at Key Stage 1 breaktimes, organising games and sports for the younger children.

The impact of the highly engaging and motivating lessons and sporting enrichment opportunities inspires our pupils to have a lifelong enjoyment of being physically active, have an understanding about the importance and impact of sport on mental health and to utilise the skills of teamwork, communication, leadership and sportsmanship in their future lives. We believe that the impact of sport, and the experience of learning to win with humility and lose with dignity, is an important part of preparing children for the next stages of their life.

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## **Extracurricular opportunities**

Our pupils have the opportunity to compete competitively and non-competitively with other schools within Peterborough. We are part of Peterborough and Cambridgeshire's School Games which provide opportunities to compete competitively and non-competitively in a wide range of sports such as tag rugby, football and athletics

We are part of both the girls and boys Peterborough Western Conference which is part of the Peterborough League. We have reached the ESFA Cambridgeshire Girls Football finals and represented Cambridgeshire in the national finals in London. In a bid to aspire for more we've signed up for #LETGIRLSPLAY, nationwide girl's football event.

Weekly fixtures are held and training sessions after school on a Thursday allow our pupils to grow and develop the skills learnt during the PE sessions.

We are in the Peterborough Netball League and have a team of very committed and proactive players that demonstrate and share their skills to others during some of the positive play sessions, inspiring others to aspire for more.

We are part of the School Games Partnership. This involves participation in Futsal, boys' football, two tennis events, a virtual dance tournament and girls' cricket tournament in the coming months.

Over the past few years, we have established an excellent relationship with Prince William School. Their sixth form students visit our school fortnightly to deliver various sports sessions at lunch time. Once every six weeks we organise to visit Prince William School to take part in a sports festival featuring a range of sports such as hand ball, tag rugby and American football.

Every year we hold a highly anticipated competitive sports day that welcomes the whole school community. All children participate in a variety of sporting events within their vertically grouped teams. The structure of our Sports Day allows children to compete and share their skills learnt across the year in a range of fun activities in a highly supportive, motivational and inspiring way.

Elton Enrich, and activities on residential experiences, are selected to offer children a wider range of sports, and to "dip their toes" into something new.

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EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Communication</b>						
<p><b>(Self Regulation)</b> Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p>	<p>Discuss own performances</p> <p>Discuss how to improve in different physical activities</p>	<p>Evaluate own and others' performances</p> <p>Identify how to improve in different physical activities</p>	<p>Communicate and compete with each other</p> <p>Begin to show an understanding of how to improve own and others' performances</p>	<p>Communicate and compete with each other</p> <p>Understand how to improve own and others' performances</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>
<b>Participation</b>						
<p><b>(Managing Self)</b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p><b>(Building Relationships)</b> Work and play cooperatively and take turns with others</p> <p><b>(Being Imaginative and Expressive)</b> When appropriate – try to move in time with music.</p>	<p>Participate in team games Begin to develop simple tactics for attacking and defending</p>	<p>Participate in team games following simple rules</p> <p>Develop simple tactics for attacking and defending</p>	<p>Participate in team games understanding the rules</p> <p>Develop a wider range of tactics for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Understand basic principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>
<b>Competence</b>						
<p><b>(Self Regulation)</b> Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p> <p><b>(Physical Development)</b> Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>-Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Practise basic movements including running, jumping, throwing and catching</p> <p>Develop balance and agility</p>	<p>Master basic movements including running, jumping, throwing and catching</p> <p>Develop and apply balance, agility and co-ordination</p>	<p>Begin to use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, control and balance</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, technique, control and balance</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Develop mastery of flexibility, strength, technique, control and balance</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Master flexibility, strength, technique, control and balance</p>
<b>Performance</b>						
<p><b>(Managing Self)</b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p><b>(Building Relationships)</b> Work and play cooperatively and take turns with others</p> <p><b>(Being Imaginative and Expressive)</b> Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p>	<p>Perform simple dances</p>	<p>Perform dances using simple movement patterns</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Begin to demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>