# PHYSICAL EDUCATION PROGRESSION

## Subject Intent

All children will understand the importance and be motivated to lead healthy, active lifestyles.

The aims are for children to be physical for sustained periods of time and to know the health benefits of regular exercise and healthy eating.

## 3 Key Concepts

| Healthy Lifestyles | Competitiveness | Evaluation |
|---|---|---|
| At each Key stage children will be aware of how to lead a healthy lifestyle and active life. They will have the tools and knowledge to live a healthy physical life and be aware of the ways in which to support and maintain this. | At each key stage children will develop and apply skills to compete against themselves and others in a range of challenging situations. They will be encouraged and motivated to believe in themselves in order to succeed. Core value such as fairness and respect for others and themselves will be embedded within every key stage. | At each key stage children will critique, evaluate and test their ideas, as well as others, to improve their performance. They will harness cooperative team working skills and understand the value of listening to each other. |

## Milestones

| Key Stage One | Key Stage One | Key Stage One |
|---|---|---|
| Children will understand why exercise and leading a healthy lifestyle is important. They will become physically confident to support their health and be able to be physically active for a sustained period of time. | Children will participate in team games and compete against themselves and others, being inspired to succeed and excel. Children will learn values such as fairness and respect within sport. They will perform dances and simple movement patterns. | They will master basic movements related to age related expectations.<br>Children will develop an awareness of how to improve their own performance and others. |
| **Lower Key Stage Two** | **Lower Key Stage Two** | **Lower Key Stage Two** |
| Children will be physically confident in a way that supports their health and fitness. All children will participate in 2 hours of PE a week. | Children will participate in adventurous activities including 4 sessions of climbing. They will participate in and learn to develop the skills for competitive team games. They will use running, jumping, throwing and catching in isolation and in developing combinations. Children will develop flexibility, strength, technique, control and balance through a range of activities. In swimming children will perform a range of strokes with increasing effectivity, developing proficiency with at least 15 metres. They will perform a self-rescue. | Children will compare their performances with previous ones and demonstrate improvement to achieve their personal best. They will perform and evaluate a dance using a range of movements. |

| Upper Key Stage Two | Upper Key Stage Two | Upper Key Stage Two |
|---|---|---|
| Children will understand how diet and activity relate to sustained, healthy, active lifestyles. They will be able to sustain physical activity for a prolonged period of time. | Children will play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. They will show application of tactics such as keeping the ball away from defenders, shielding, changing speed and direction, marking and shooting. In swimming, they will be able to swim confidently over 25m using a range of strokes effectively and perform safe self-rescue in different water-based situations (residential) | Children compare their performance with previous ones and demonstrate improvement to achieve their personal best. |

## Vocabulary

| End of EYFS | End of Key Stage One | Lower Key Stage Two | Upper Key Stage Two |
|---|---|---|---|
| Throw Catch Jump Balance Slow Fast Walk Run Crawl Climb Ride Skip Hop Space | Curl Opponent Repeat Sequence Stretch Teammate Travel Ball Dance Hit Kick Moves Roll Skills Stroke Swim Control Land Perform Movement | Accuracy Challenge Communicate Coordination Distance Opposition Physical Possession Activity Control Field Game Overarm Position Rules Tactics Team Underarm | Attacking, Cardiovascular, Competition, Defending, Endurance,Fitness, Flexibility, Performance, Backhand, Direction, Forehand, Precision, Stamina, Strength, Reaction, Symmetrical, Asymmetrical, Rhythm, Technique, Unison, Canon. |