

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	At each key stage children will develop and apply skills	At each key stage children will critique, evaluate and	
a healthy lifestyle and active life. They will have the	to compete against themselves and others in a range	test their ideas, as well as others, to improve their	
tools and knowledge to live a healthy physical life and	of challenging situations. They will be encouraged and		
be aware of the ways in which to support and maintain	motivated to believe in themselves in order to	· · · · · · · · · · · · · · · · · · ·	
this.	succeed. Core value such as fairness and respect for each other.		
	others and themselves will be embedded within every	eddir other	
	key stage.		
Milestones	, 3		
Key Stage One	Key Stage One	Key Stage One	
Children will understand why exercise and leading a	Children will participate in team games and compete	They will master basic movements related to age	
healthy lifestyle is important. They will become	against themselves and others, being inspired to	related expectations.	
physically confident to support their health and be able	succeed and excel. Children will learn values such as	Children will develop an awareness of how to improve	
to be physically active for a sustained period of time.	fairness and respect within sport. They will perform	their own performance and others.	
	dances and simple movement patterns.	·	
Lower Key Stage Two	Lower Key Stage Two	Lower Key Stage Two	
Children will be physically confident in a way that	Children will participate in adventurous activities	Children will compare their performances with	
supports their health and fitness. All children will	including 4 sessions of climbing. They will participate in	previous ones and demonstrate improvement to	
participate in 2 hours of PE a week.	and learn to develop the skills for competitive team	achieve their personal best. They will perform and	
, ,	games. They will use running, jumping, throwing and	evaluate a dance using a range of movements.	
	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.		

Upper Key Stage Two	Upper Key Stage Two	Upper Key Stage Two	
Children will understand how diet and activity relate to	Children will play competitive games, modified where	Children compare their performance with previous	
sustained, healthy, active lifestyles. They will be able to	appropriate and apply basic principles suitable for	ones and demonstrate improvement to achieve their	
sustain physical activity for a prolonged period of time.	attacking and defending. They will show application of	personal best.	
	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)		
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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.