Lower School PE Progression

Year



The journey starts

Developing an Enjoyment in Sport

Students will explore various games to develop a love for sport and being active.

Students will be introduced to competition -Intra / Inter games, School Games and Sports Day

Dance



Fundamental Movement Skills

Gross and Fine motor skills will

be developed over KS1





Competition Increases

Students will have opportunity for more sports and quality of competition increases.



Stage

Skill Development

Students will develop their general sporting movements of travelling, throwing, catching, striking and kicking.

Community Clubs

Students will be encouraged to join local clubs - Exit Routes / Signposting.



bodies.

Students will start to

exericise impacts our

learn about how

KS2 Games A A A

Will explore transferable skills, knowledge & understanding

Year



Leadership

Year

Students will have opportunity for Sports Leadership

The Body



Health

Students will learn about the importance of healthy eating, sleep and wellbeing.

Sports Specific Skills

Students will learn specific sports skills within lessons applying them in different scenarios and related sports



Strategies, Tactics, Rules, Roles

Students will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach).



End of KS2

Students will leave the lower school with a love of PE, physical activity & sport.

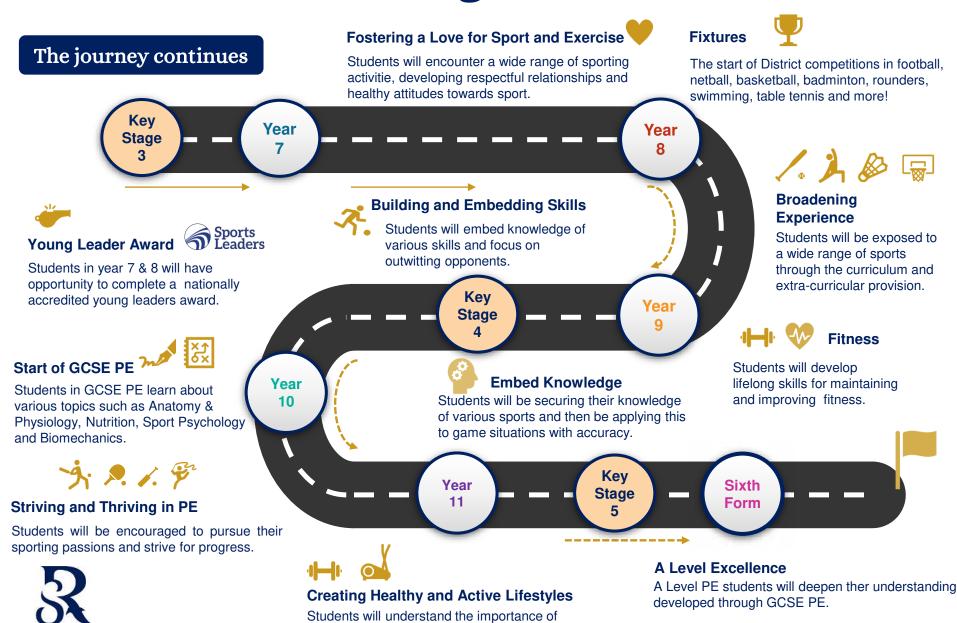
They will understand the importance of a healthy lifestyle and the long term benefits of exercise.







Senior School PE Progression



lifestyle choices. Students will value the impact of

exercise on their long term health.

SCHOOL

Sixth Form students will continue to pursue their

sport and exercise goals through enrichment in PE.