

Lower School PE Progression



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

The journey starts

Developing an Enjoyment in Sport

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



Early Years

Year R

Key Stage 1

Year 1

Year 2

Dance



Students will start to explore different cultures through Dance.



Competition Increases

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



Fundamental Movement Skills

Gross and Fine motor skills will be developed over KS1



The Body

Students will start to learn about how exercise impacts our bodies.



Skill Development

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

Year 4

Year 3

Community Clubs



Students will be encouraged to join local clubs – Exit Routes / Sign-posting.



Health

Students will learn about the importance of healthy eating, sleep and well-being.

KS2 Games



Will explore transferable skills, knowledge & understanding



Leadership

Students will have opportunity for Sports Leadership

Sports Specific Skills



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

Year 5

Year 6



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

The journey continues

Fostering a Love for Sport and Exercise

Students will encounter a wide range of sporting activities, developing respectful relationships and healthy attitudes towards sport.

Fixtures

The start of District competitions in football, netball, basketball, badminton, rounders, swimming, table tennis and more!

Key Stage 3

Year 7

Year 8



Young Leader Award

Students in year 7 & 8 will have opportunity to complete a nationally accredited young leaders award.



Building and Embedding Skills

Students will embed knowledge of various skills and focus on outwitting opponents.



Broadening Experience

Students will be exposed to a wide range of sports through the curriculum and extra-curricular provision.

Start of GCSE PE

Students in GCSE PE learn about various topics such as Anatomy & Physiology, Nutrition, Sport Psychology and Biomechanics.

Key Stage 4

Year 9



Fitness

Students will develop lifelong skills for maintaining and improving fitness.

Year 10



Embed Knowledge

Students will be securing their knowledge of various sports and then be applying this to game situations with accuracy.



Striving and Thriving in PE

Students will be encouraged to pursue their sporting passions and strive for progress.

Year 11

Key Stage 5

Sixth Form



Creating Healthy and Active Lifestyles

Students will understand the importance of lifestyle choices. Students will value the impact of exercise on their long term health.

A Level Excellence

A Level PE students will deepen their understanding developed through GCSE PE.

Sixth Form students will continue to pursue their sport and exercise goals through enrichment in PE.

