

Bealings Curriculum Progression Map

Physical Education (PE)



Years 1 through to 6

Children should:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key Stage One

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key Stage Two

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Through their studies of the above, pupils should:

- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others
- be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Through their studies of the above, pupils should:

- continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- enjoy communicating, collaborating and competing with each other
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming

Our children have swimming lessons in both Year 3 and Year 4.

During these lessons, children are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations