

Physical Education Skills Progression – KS1 and KS2	
Checked by School Leader/I Key Stage Leader	Name/ Signature/ Date:
Checked by School Curriculum Leader	Anna Rowe / Date: December 2021
Monitoring	<p>Each individual school is responsible for ensuring the delivery of the National Curriculum 14 intentions within the school. The school is required to regularly monitor the delivery of this Vertical Skills Progression Map. The school must complete an annual review of its School Vertical Progression Map to check the implementation of curriculum skills.</p> <p>Ongoing monitoring of planning, learning evidence and pupil knowledge will take place as part of good practice by subject and school leaders. Information from monitoring will be used to inform in school/ MAT CPD subject training.</p>
Curriculum Statement National Curriculum 2014	<p>Purpose of Study A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</p> <p>Aims The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • 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. <p>School curriculum The programmes of study for PE are set out year-by-year for key stages 1 and 2. Schools are, however, only required to teach the relevant programme of study by the end of the key stage. Within each key stage, schools therefore have the flexibility to introduce content earlier or later than set out in the programme of study. In addition, schools can introduce key stage content during an earlier key stage if appropriate. All schools are also required to set out their school curriculum for PE on a year-by-year basis and make this information available online.</p> <p>Assessment By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study</p>

Key Stage 1	
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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	
National Curriculum 2014 Key Stage 1	
Learning Intentions Pupils should be taught about:	Non-Statutory
Pupils should be taught to: <ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> ▪ Partake in team games such as football, basketball, handball, ultimate frisbee to apply simple attacking and defending principles. ▪ Experience basic gymnastics to develop balance, co-ordination and agility. ▪ Underpin all teaching using the FUNdamentals of movement. ▪ Balance ability opportunities for those children who have not biking experience.
National Curriculum 2014 Key Stage 2	
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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	
Learning Intentions Pupils should be taught about:	Non-Statutory
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate 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. 	<ul style="list-style-type: none"> ▪ Experience a range of sports such as, badminton, basketball, cricket, football, hockey, netball, rounders and tennis. ▪ Discreet skills are to be taught in isolation and then applied into competitive games. ▪ Take part in a wide variety of dances (Bollywood, Haka, Street and Country) ▪ Bikeability level 1 and level 2 for learning and more competent riders. ▪ OOA residential or day visits. ▪

National Curriculum 2014 Swimming and water safety	
All schools must provide swimming instruction either in key stage 1 or key stage 2.	
Learning Intentions Pupils should be taught about:	Non-Statutory
<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> Teach a range of strokes including front crawl, backstroke and breaststroke Self rescue and pair rescue in water based situations. Emergency first aid