

# Chesterton Primary PE Progression

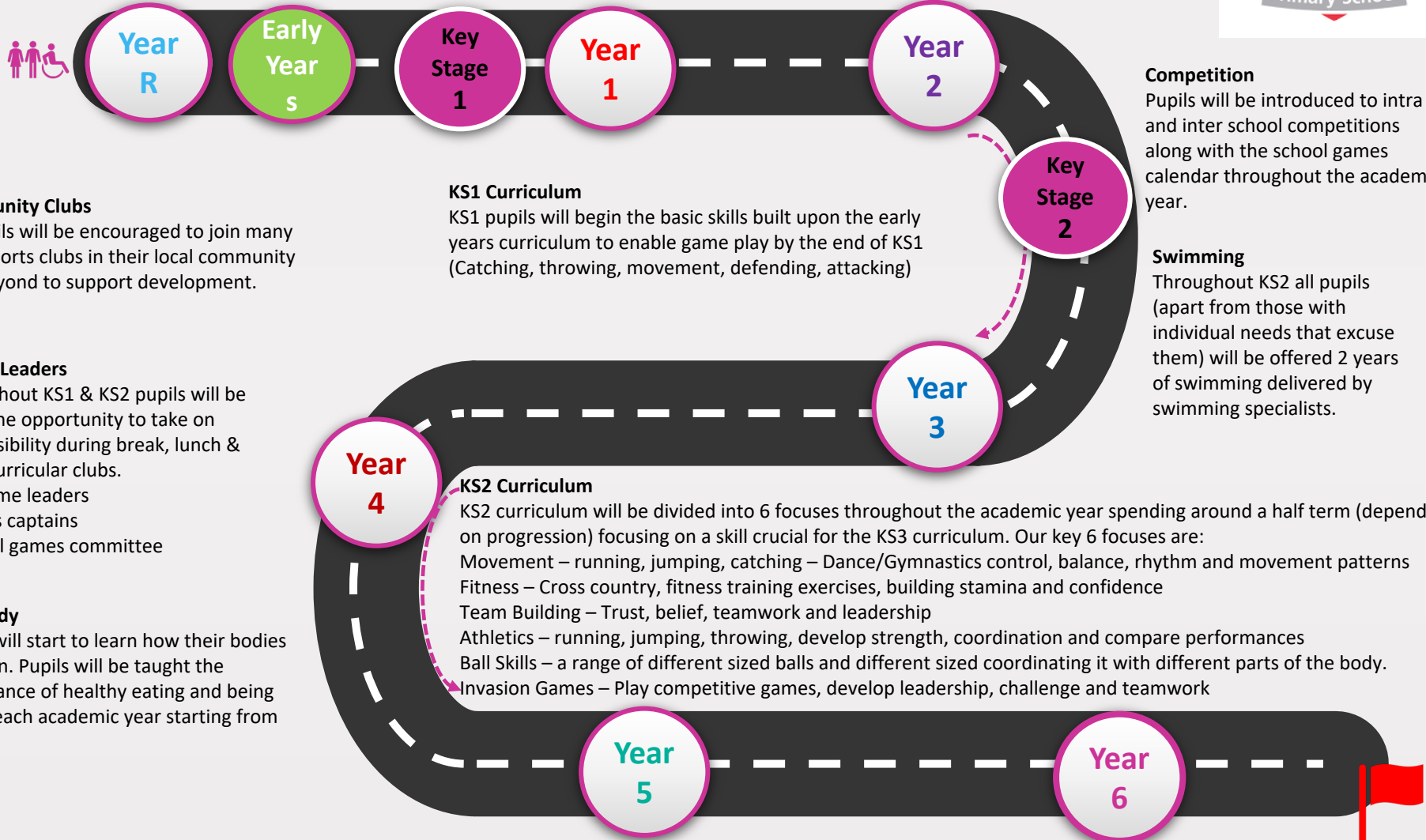


## The Journey Starts

All children to achieve the early years goals by the end of reception

## Interventions to support start

Children identified as not achieving early years goals will be given additional support



## Community Clubs

All pupils will be encouraged to join many local sports clubs in their local community and beyond to support development.

## School Leaders

Throughout KS1 & KS2 pupils will be given the opportunity to take on responsibility during break, lunch & extra curricular clubs.

- \*Playtime leaders
- \*Sports captains
- \*School games committee

## The Body

Pupils will start to learn how their bodies function. Pupils will be taught the importance of healthy eating and being active each academic year starting from year 1.

## Sports Day

Pupils take part in a positive day of sporting competitive activities throughout their time at Chesterton starting from early years.

## KS1 Curriculum

KS1 pupils will begin the basic skills built upon the early years curriculum to enable game play by the end of KS1 (Catching, throwing, movement, defending, attacking)

## KS2 Curriculum

KS2 curriculum will be divided into 6 focuses throughout the academic year spending around a half term (depending on progression) focusing on a skill crucial for the KS3 curriculum. Our key 6 focuses are:

- Movement – running, jumping, catching – Dance/Gymnastics control, balance, rhythm and movement patterns
- Fitness – Cross country, fitness training exercises, building stamina and confidence
- Team Building – Trust, belief, teamwork and leadership
- Athletics – running, jumping, throwing, develop strength, coordination and compare performances
- Ball Skills – a range of different sized balls and different sized coordinating it with different parts of the body.
- Invasion Games – Play competitive games, develop leadership, challenge and teamwork

## End of KS2

Children will leave KS2 with an ambition to carry their skills learnt into KS3 where they will develop and continue their love of PE. Pupils would have identified their talents, strengths and weaknesses and will be motivated to improve.

## Competition

Pupils will be introduced to intra and inter school competitions along with the school games calendar throughout the academic year.

## Swimming

Throughout KS2 all pupils (apart from those with individual needs that excuse them) will be offered 2 years of swimming delivered by swimming specialists.