



Physical Education

Learning Journey



PE Three Pillars of Progression

- 1. Motor competence:** This is a person's ability to make a range of physical actions, which include co-ordinating fine and gross motor skills. These are fundamental to participate in everyday physical activities.
- 2. Rules, Strategies and Tactics:** Pupils need to be taught how to move intelligently as well as competently. This involves responding to the needs of the context.
- 3. Healthy Participation:** PE has a role to play to challenge and correct some misconceptions and knowledge that children have established outside of school.

Emotional System development:

Health-related exercise, physical activity and sport have a rich benefit on our emotional systems:

Care - Seeking - Play (Pro Social) - Rage - Fear - Panic (Blocks to learning) - Handling Stress - Thinking & Concentrating - Confidence - Self-esteem - Interpersonal skills - Emotional Literacy (Higher Functions)



KS3

Swimming

- swim 75m within 2 minutes using 3 different strokes and demonstrating good technique
- swim 3 widths of front crawl showing 2 appropriate turns and demonstrating good techniques
- swim 3 widths back crawl showing 2 back crawl turns and demonstrating good techniques
- swim 3 widths breast stroke showing 2 breast stroke turns and demonstrating good technique
- swim 2 widths

Basketball (Motor Competence)

- demonstrate basic passing and receiving skills using a basketball
- use good hand/eye co-ordination to pass and receive a ball successfully.
- develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel
- practise 'getting free' in order to receive a pass.
- how to make space by moving away and coming back and by dodging
- be able to demonstrate a range of defending skills and understand how to mark an opponent
- understand how to intercept a pass
- how to shoot.
- recognise which positions are attacking and which are defending

Volleyball (Motor Competence)

- understand the basic rules and scoring in volleyball
- use different passes forearm underhand or overhead,
- keep the ball in play by digging
- use defensive strategies such as block
- perform an underhand or overhand serve with open hand
- serve the ball with accuracy

Athletics (Motor Competence)

- investigate running styles and changes of speed.
- practise throwing with power and accuracy.
- throw safely and with accuracy
- demonstrate good running technique in a competitive situation.
- use correct technique to run at speed.
- develop the ability to run for distance.
- throw with accuracy and power.
- identify and apply techniques of relay running.
- understand which technique is most effective when jumping for distance

Cricket (Motor Competence)

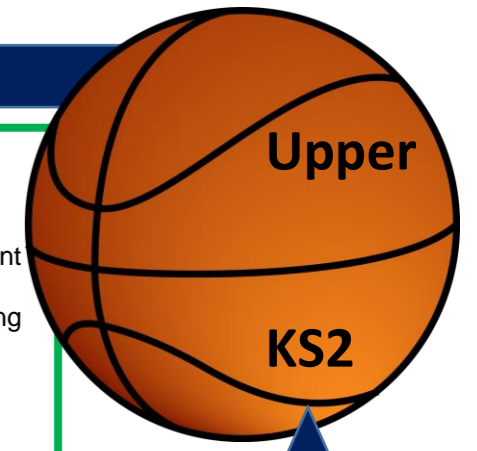
- develop skills in batting and fielding.
- choose fielding techniques.
- run between the wickets.
- run, throw and catch.
- develop a safe and effective overarm throw.
- learn batting control.
- understand the basic rules and scoring in cricket

Striking and Fielding: Rounders

- throw and catch under pressure.
- use fielding skills to stop the ball effectively.
- learn batting control.
- learn the role of backstop.
- play in a tournament and work as team, using tactics in order to beat another team.
- understand the basic rules and scoring in rounders

Team Games (Rules, Strategies, Tactics)

- keep possession of a ball.
- use ABC (agility, balance, co-ordination) technique
- keep control of a ball in a competitive situation.
- use accurate passing and dribbling in a game.
- identify and apply ways to move the ball towards an opponent's goal.
- learn concepts of attack and defence.
- accurately serve underarm.
- build up a rally.
- build a rally, focusing on accuracy of strokes.
- play a variety of shots in a game situation and to explore when different shots should be played. (applicable in a variety of ball games volleyball, basketball, dodgeball, football, handball)



Gymnastics (Motor Competence)

- identify and practise gymnastic shapes and balances.
- identify and practise symmetrical and asymmetrical body shapes.
- construct sequences using balancing and linking movements
- use counterbalances and incorporate them into a sequence of movements.
- perform movements in canon and in unison.
- perform and evaluate own and others' sequences.

Team Games (Motor Competence)

- be aware of others when playing games.
- choose the correct skills to meet a challenge.
- perform a range of actions, maintaining control of the ball.
- perform a range of catching and gathering skills with control.
- master the basic catching technique.
- catch with increasing control and accuracy.
- master the basic throwing technique for varied types of throw.
- throw and hit a ball in different ways (e.g. high, low, fast or slow).
 - apply skills and tactics in small-sided games.
 - identify and follow the rules of games.
- choose and use simple tactics to suit different situations.
- react to situations in ways that make it difficult for opponents to win.

Swimming (Healthy participation)

- Tread water 30 seconds, followed by a 25m swim which includes swimming through a hoop
- perform a back somersault
- surface dive followed by a 5m underwater swim
- swim 50m
- swim 25m back or breast stroke
- dive into deep water and swim 25m front crawl
- swim 1 width front crawl finishing with a front somersault into poolside & a push & glide away on the front or back
- swim 1 width butterfly
- jump in deep water, with good height and an upright position
- swim 25m propelling a ball maintaining close control throughout

Football (Rules, Strategies, Tactics)

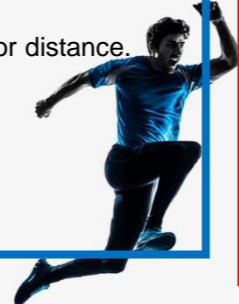
- understand the basic rules for football
- control the speed and direction of a ball through adjustment of the force of kicking
- demonstrate varied technique between passing and striking
- receive the ball and gain control of it
- understand the roles of different positions on each team
- perform a header using the forehead and throw in
- dribble a football with full control of the ball with both feet
- pass the ball accurately with both feet
- turn quickly and sharply with the ball

Striking and Fielding (Motor Competence)

- To consolidate and develop a range of skills in striking and fielding.
- To develop and investigate different ways of throwing and to know when it is appropriate to use them.
 - To consolidate and develop a range of skills in striking and fielding.
 - To practise the correct technique for catching a ball and use it in a game.
 - To consolidate and develop a range of skills in striking and fielding.
 - To practise the correct batting technique and use it in a game situation.
 - To consolidate and develop a range of skills in striking and fielding.
 - To practise the correct technique for fielding and use it in a game situation.
 - To consolidate the throwing, catching and batting skills already learned.
 - To strike the ball for distance.
 - To know how to play a striking and fielding game competitively and fairly.

Athletics (Motor Competence)

- select and maintain a running pace for different distances.
- practise throwing with power and accuracy.
- throw safely and with understanding.
- demonstrate good running technique in a competitive situation.
- explore different footwork patterns
- understand which technique is most effective when jumping for distance.
- run in different directions and at different speeds
- using a good technique.
- improve throwing technique
- reinforce jumping techniques.
- understand the relay and passing the baton.
- choose and understand appropriate running techniques.



Gymnastics (Motor Competence)

- remember and repeat simple gymnastic actions with control.
- balance on isolated parts of the body using the floor and hold balance.
- develop a range of gymnastic moves, particularly balancing.
- link together a number of gymnastic actions into a sequence.
- explore ways of travelling around on large apparatus.
- choose and use a variety of gymnastic actions to make a sequence.

Athletics (Motor Competence)

- run with agility and confidence.
- learn the best jumping techniques for distance.
- throw different objects in a variety of ways.
- hurdle an obstacle and maintain effective running style.
- run for distance
- complete an obstacle course with control and agility.
- use varying speeds when running.
- explore footwork patterns.
- explore arm mobility.
- explore different methods of throwing
- practise short distance running.

Team Games (Motor Competence)

- be aware of others when playing games.
- choose the correct skills to meet a challenge.
- perform a range of actions, maintaining control of the ball.
- perform a range of catching and gathering skills with control.
- master the basic catching technique.
- catch with increasing control and accuracy.
- master the basic throwing technique for varied types of throw.
- throw and hit a ball in different ways (e.g. high, low, fast or slow).
 - apply skills and tactics in small-sided games.
 - identify and follow the rules of games.
- choose and use simple tactics to suit different situations.
- react to situations in ways that make it difficult for opponents to win.

Swimming (Healthy participation)

- show breath control.
- swim in water deeper than one's height
- jump into water of at least full reach depth
- swim 4 widths without pause using any stroke
- submerge in shallow water and retrieve an object from the bottom using both hands
- tread water for 20 seconds
- swim 2 widths on front demonstrating good technique
- swim 2 widths on back demonstrating good technique
- swim 10m showing 3 changes of direction without touching the side of the pool or the bottom
- scull head first for 5 metres
- swim through a hoop in shoulder depth water
- swim continuously for 1 minute. using 2

Striking and Fielding (Motor Competence)

- learn skills for playing striking and fielding games.
- position the body to strike a ball.
- develop catching skills.
- throw a ball for distance.
- practise throwing skills in a circuit.
- play a game fairly and in a sporting manner.
- use fielding skills to play a game

Dance (Healthy Lifestyles)

- explore different levels and speeds of movement.
- compose and perform simple dance phrases.
- show contrasts in simple dances with good body shape and position.
- develop a range of dance movements and improve timing.
- work to music, creating movements that show rhythm and control.