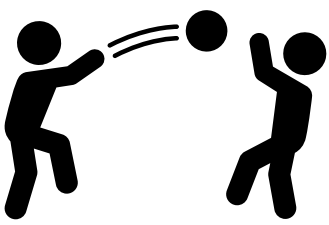


# PE Learning Journey

Year R



## Ball skills

In Foundation, children should aim to develop basic ball skills, including: throwing, catching, kicking, dribbling and passing. These skills help in building foundational movement abilities, coordination, and teamwork.

## Travelling and moving

In the early terms of foundation, we explore how to move in different ways, with consideration for themselves and others.



### Automaticity -

The ability to use some skills with such ease as they no longer require active thinking



## Athletics

In the summer term, we consolidate our learning and think further about moving energetically. We think about running, jumping, hopping and skipping. Often these skills are linked with our sports day activities.

## Gymnastics and Dance

We use gymnastics and dance to demonstrate our strength, balance and coordination. Alongside this, we learn how to move our bodies and negotiate space and obstacles.



### Precision -

The ability to work effectively within the rules of a domain

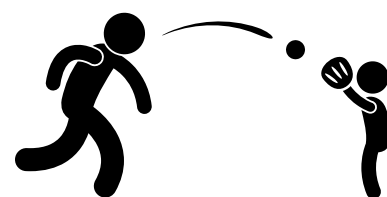
Key Stage 1

## Agility

Children will master basic movement skills including running, jumping, throwing and catching. The children learn these skills individually and then start to apply their skills into competitive scenarios.

## Balance

Children will demonstrate their understanding of balance in games as well as during yoga and gymnastic sessions.



### Confident

The ability to develop a belief in your knowledge, understanding and action.

## Co-ordination

Children will learn to throw and catch in several different games and scenarios.

## Attacking and defending

Children will participate in competitive games to develop simple tactics for attacking and defending. Children will learn to compete against their own personal best and as a team.

During their time in KS1 the children will develop competence to excel in a broad range of physical activities.

Pupils will be able to master basic movements including running, jumping, throwing and catching.

# PE Learning Journey

## Lower Key Stage 2

### Skills

The children will be able to demonstrate how the basic skills learnt in KS1 transfer into different sports, for example football, rugby, hockey and tennis.

### Tactical knowledge

Pupils will 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

**Connection finding-**  
The ability to use connections from past experiences to seek possible generalisations



### Striking and fielding

Children will develop their coordination, throwing and catching to learn sports specific skills such as, the long barrier and batting techniques.

### Dance

By the end of Year 4, pupils should be able to perform dance routines from memory and perform all elements in the correct order.

**Complex and multi-step problem solving**  
The ability to break down a task, decide on a suitable approach and then act

## Upper Key Stage 2

### Leadership

By the end of Year 6, pupils will be able to give and receive constructive feedback when working with a range of different people.

### Attacking and defending

A range of skills learnt throughout the school are developed and implemented in a range of competitive games. A range of skills and tactics can be drawn upon and applied in a variety of settings.

### Dance

By the end of Year 6, students are able to perform a range of dances using different movement patterns. Students will also spend time choreographing dance routines both independently and in a group.

**Originality**  
The ability to conceive something new

### Outdoor Adventerous Activity

Students will develop their collaborative abilities in a wide range of tasks that require team work and problem solving.

### Swimming

By the end of KS2 all children are given the opportunity to access swimming instruction suited to their level. By the end of KS2, they are expected to be able to swim at least 25 meters, use a range of strokes effectively and perform a safe self-rescue in different water-based situations.



**Collaborative**  
The ability to work in teams and listen to the views of others

