

Physical
Education
Progression
Mapping



Early Years

Physical Education Early Learning Goals:

- Physical development
- Gross and fine motor skills
- Sensory exploration
- Strength, co-ordination and positional awareness
- Spatial awareness

How this is mapped in our curriculum:

- ✓ Indoor and outdoor play
- ✓ P.E sessions with professional sports coach
- ✓ We offer repeated and varied opportunities to explore and play with small world activities
- ✓ Opportunities for supported and independent physical activity
- ✓ Use of wheeled toys and bikes

Key Stage One

National Curriculum Aims:

- Fundamental movement skills
- Agility, balance and coordination both individually and with others
- Engage in competitive and cooperative physical activities
- To include running, jumping, throwing and catching
- Participate in team games and develop tactics
- Perform dance and simple gymnastics routines

How this is mapped in our curriculum:

- ✓ P.E sessions with professional coach
- ✓ Extra-curricular P.E clubs
- ✓ Participation in P.E activities with other schools
- ✓ Access to extensive outdoor grounds
- ✓ Use of mile track
- ✓ Access to bikes and scooters
- ✓ Use of trim trail
- ✓ Provide opportunities for swimming with a qualified instructor

Key Stage Two

National Curriculum Aims:

- Continuing to develop skills from Key Stage One
- Developing skills in communicating, collaborating and competing
- Recognise how to improve in a range of physical activities
- Learn how to evaluate individual performance
- Take part in outdoor adventures and activities
- Develop technique
- Swim competently over a distance of at least 25m, use a range of strokes effectively and perform safe self-rescue

How this is mapped in our curriculum:

- ✓ P.E sessions with professional coach
- ✓ Extra-curricular P.E clubs
- ✓ Participation in P.E activities with other schools
- ✓ Access to extensive outdoor grounds
- ✓ Use of mile track
- ✓ Access to bikes and scooters
- ✓ Use of trim trail
- ✓ Provide opportunities for swimming with a qualified instructor
- ✓ Provision of cycling proficiency tuition