



PE Progression

SHERINGDALE

Learn Create Grow Together

PE Aims (NC)

Aims

The national curriculum for physical education aims to ensure that all pupils:

- 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.



Focus on Gymnastics

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.

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 be taught to develop flexibility, strength, technique, control and balance



PE - Progression through the years

- EYFS: Progress towards a more fluent style of moving, with developing control
- Yr1: Move confidently and safely in their own and general space, using change of speed and direction.
- Yr2: Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision.
- Yr3: Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements.
- Yr4: Develop the range of actions, body shapes and balances they include in a performance.
- Yr5: Perform actions, shapes and balances consistently and fluently to create a sequence including changes of speed, level and direction.
- Yr6: Perform gymnastic actions, shapes and balances more fluently and combine them creatively in their own gymnastic sequence.