



SJSB Physical Education Learning Journey

Progression of skills



Complete the Daily Mile

Participate in Sport's Week

Participate on lots of sporting teams – football, netball, athletics, cross country, swimming, rounders, cricket, dodge ball

Become a Change for Life Ambassador

All children from Year 1 upwards participate with Manchester City in the community.

Help to lead our Sports Day activities

Attend Robinwood residential – build on teamwork, resilience, skills learnt in PE.

Swim competently, confidently and proficiently over a distance of at least 25 metres.



YEAR 6

Perform safe self-rescue in different water-based situations.

Represent my school at events such as the swimming gala

Attend weekly swimming lessons for 10 weeks to competently swim 25 metres



Take part in outdoor and adventurous activity challenges both individually and within a team.



Use a range of swimming strokes effectively e.g front crawl, backstroke and breaststroke.



We will play: Badminton, basketball, cricket, football, hockey, netball, rounders and tennis and apply basic principles suitable for attacking and defending.



Develop flexibility, strength, technique, control and balance e.g through athletics and gymnastics.



YEAR 5

Perform dances using a range of movement patterns.

Become a PE ambassador

Play competitive games, modified where appropriate.

Use running, jumping, throwing and catching in isolation and in combination.

take part in outdoor activity challenges both individually and within a team



Attend weekly swimming lessons for 10 weeks



Participate in team games, developing simple tactics for attacking and defending.



YEAR 3



YEAR 2

Confidently perform basic movements including running, jumping, throwing and catching

Develop balance, agility and co-ordination and being to apply these in a range of activities.

Perform dance using simple movement



YEAR 1

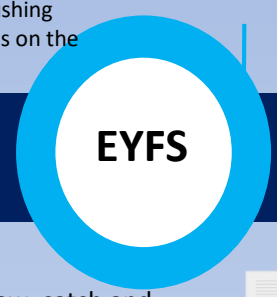
- Be confident to experiment in different ways to create sequences. Be able to travel around, under, over and through balancing and climbing equipment.
- Be able to use a range of tools such as cutlery, playdough cutters, hammers with good control.
- Be able to talk about measures they can take to remain healthy such as brushing teeth and limiting sugary foods. Be able to talk about the effect exercise has on the body



Will be able to use one handed equipment such as scissors to cut and snip, hold a pencil using a tripod grip and copy some letters

Will be able to put on their coat independently, tell an adult when they are feeling tired, hungry etc. and be willing to try new foods and eat a range of healthy foods

Will be able to throw, catch and kick a large ball



EYFS



Stay and play sessions and outdoor learning experiences

