

SJSB Physical Education Learning Journey

Progression of skills



Complete the Daily Mile



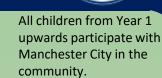
Participate in Sport's Week



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



change



Wider opportunities

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.



Perform safe self-rescue in different waterbased situations.

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

Represent my school at events such as the swimming gala

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

Become a PE ambassador

Play competitive games, modified where appropriate.

Attend weekly swimming lessons for 10 weeks

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

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

YEAR

Perform

patterns.

dances using a range of movement

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

YEAR

Start to represent my school at events, such as athletics.

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

- 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
- 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

EYFS

Will be able to move in a variety

of ways such as running, skipping, jumping, crawling

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

Stay and play sessions and outdoor learning

Dream,