

Progression in PESSPA

The Journey Starts

1. Gym - Jumping & Balancing
2. Dodgeball Fundamentals - Disney & Superhero Themed
3. Beanbags Skills (Fundamental Games)
4. Dance fictional characters

5. Fun with Quoits & Cones (Athletics Fundamentals)
6. Turn Taking on Holidays (Striking & Fielding Fundamentals)

1. Ball control (Games)/ Running and jumping (athletics)
2. Dance the UK celebrations/ introduction to invasion.

3. Dance (jungle animals)/Gym (balance/agility)
4. Creative play/ tennis (net and wall)
5. Athletics (fundamentals)/striking and fielding
6. Throwing and catching (games)/ Athletics (Track and field)

KS1 Competition

Children will be introduced to competition – Intra / Inter Sportsday / School Games / Festival Fridays.

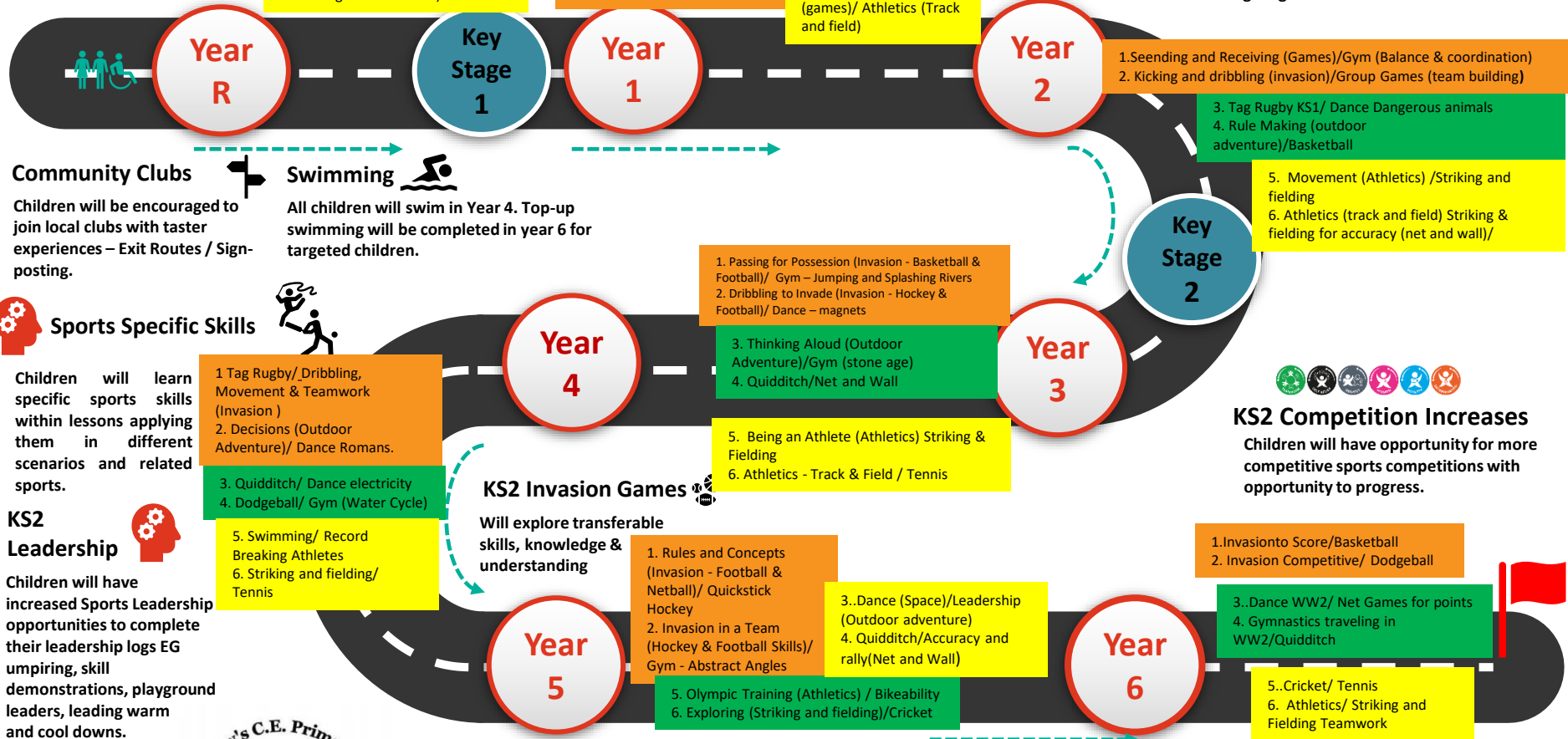


Interventions to support

Children identified for additional support with gross & fine motor skills through fitness profiling and given additional session to improve core skills.

KS1 Leadership

Children will have opportunity to show leadership in sports EG organizing equipment, keeping points, encouraging team mates and giving instructions.



OAA



Pupils in UKS2 will have the opportunity to take part in outdoor adventurous activities in our school grounds and on residential. Both individual and team activities will take place.



UKS2 Strategies, Tactics, Rules, Roles

Children will develop a greater understanding of strategies, tactics and rules for sports as well as becoming analytical of performances.

Swimming



All children will be expected to achieve 25m. Those who cannot will receive additional support.

End of KS2

Children will leave with a love of PE, physical activity & sport.