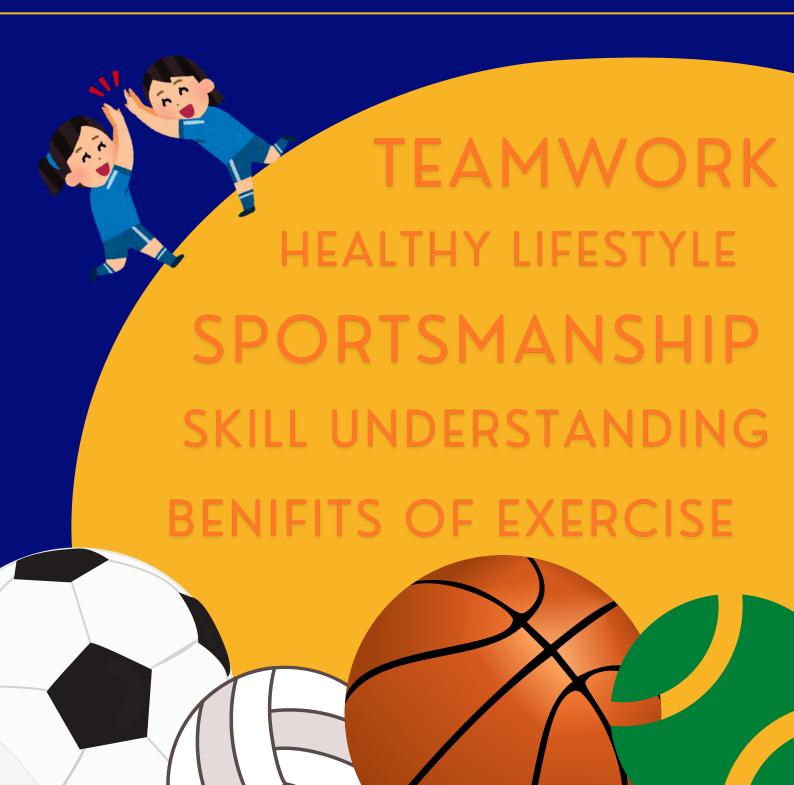


P.E SKILLS PROGRESSION



OVERVIEW



At Evolve we believe in children participating in structured, sports specific P.E lessons each term. For example, a skill topic of balance may be used in a football session. Using one foot to shoot and gain an understanding of balance through shooting in a certain situation.

All P.E lessons use a plan of:

- 1. Warm up Understanding the benifit's and linking to session skill and sport.
- 2. Skill of the lesson introduction.
- 3. Skill of the lesson progressions.
- 4. Skill of the lesson teamwork games.
- 5. Skill of the lesson understanding.

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OUR 6 CORE P.E COMPONENTS















OUR 6 CORE P.E COMPONENTS



I can take responsibility for my own learning and accept feedback on strengths and weaknesses and embrace new challenges.



I can effectively transfer skills and key movements in numerous sports and activities



I can work
effectively in a
team, work with
those I may not
socialise with
normally and
motivate those
around me.

OUR 6 CORE P.E COMPONENTS



I can express, adapt and adjust my movements and skills, thinking creatively and effectively.



I can understand the benefits that exercise and a healthy diet has on my body and mental wellbeing.





I can understand
the different
between
Technical ability
and Tactical
ability.

EXPECTED - END OF KEY STAGE 1 LEARNING JOURNEY





1. I am able to stay on all tasks with help



2. I am able to stay on simple tasks by myself

3. If I find more advanced tasks difficult, I am able to ask for help where needed





1. I am able to move my body in different ways



3. I am able to perform sequences of skills or movements adding a change of direction, speed or level of

difficulty

2. I can perform a single skill confidently. I can link two skill movements together



EXPECTED - END OF LOWER KEY STAGE 2 LEARNING JOURNEY





I am able to take control of my learning and set myself challenges in all sports and skill specific activities



I can repeat and perform longer sequences of skill movements with confidence. I can select and perform a wide range of skills with consistency and control

EXPECTED - END OF UPPER KEY STAGE 2 LEARNING JOURNEY





I am able to cope well when things become difficult, embracing challenges, try and problem solve and understand that things get easier with practice



I can perform a range of movements and skills with good body movement and tension. Linking numerous bodily movements together to complete a sequence flow in running, jumping, kicking and throwing

EXPECTED - END OF KEY STAGE 1 LEARNING JOURNEY





1. I am able to play kindly with others with help



3. I can help, praise and encourage others in their learning







1. I can observe and copy others



3. I can begin to compare and develop my skills with those of others. I can choose multiple movements to fit a theme

2. I can perform and describe different movements



EXPECTED - END OF LOWER KEY STAGE 2 LEARNING JOURNEY





I am able to work well with others. Showing patience, teamwork and communications skills. Listening carefully and able to express how we may do things differently in a calm way



I am able to demonstrate my ideas through creating different rules adn ideas for activities. I can recognise similarities and differences between expression

EXPECTED - END OF UPPER KEY STAGE 2 LEARNING JOURNEY





I am able to organise and guide others in tasks and activities. Organising roles and responsibilities and taking on leadership roles



I am able to refine and change movements, express my own ideas and change tactics, rules and tasks to make activities more challenging, simple or fun

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EXPECTED - END OF KEY STAGE 1 LEARNING JOURNEY





1. I am able to explain simple changes I feel when I exercise



2. I am able to share why exercise is good for me

3. I can say how my body feels, before, during and after exercise and be able to use equipment safely during exercise





1. I can follow simple instructions



3. I can begin to order and complete instructions. With help I can explain why someone is performing well or struggling

2. I can understand simple rules and name some things I am good at



EXPECTED - END OF LOWER KEY STAGE 2 LEARNING JOURNEY





I can express why and how my body changes during and after exercise and am able to say why we cool down and warm up



I can understand the simple tactics of attacking and defending along with certain positions during game play. I can explain what might be going well or areas for improvement

EXPECTED - END OF UPPER KEY STAGE 2 LEARNING JOURNEY





I can explain and describe the basic components of fitness, along with how long we should exercise for. Alongside measuring how light or hard I am working my body



I can understand ways we can judge performance and I can judge specific areas of development to keep working on. I can judge a good decision for myself compared to that of a bad one when playing sport