

EVOLVE
Sports Coaching

P.E SKILLS PROGRESSION



TEAMWORK
HEALTHY LIFESTYLE
SPORTSMANSHIP
SKILL UNDERSTANDING
BENIFITS OF EXERCISE





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.**

EVOLVE

Sports Coaching



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.

EVOLVE

Sports Coaching



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.

EVOLVE

Sports Coaching

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



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

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



EVOLVE

Sports Coaching

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

EVOLVE

Sports Coaching

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

EVOLVE

Sports Coaching

EXPECTED - END OF KEY STAGE 1 LEARNING JOURNEY



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



2. I am able
to work with
others,
taking turns
and sharing

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



1. I can observe and
copy others



2. I can perform
and describe
different
movements

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



EVOLVE

Sports Coaching

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 and ideas for activities. I can recognise similarities and differences between expression

EVOLVE

Sports Coaching

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

EVOLVE

Sports Coaching

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



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

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



EVOLVE

Sports Coaching

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

EVOLVE

Sports Coaching

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