

Progression in PESSPA at Burlish Park Primary

The Journey Starts

All children to achieve a GLD by end of Reception



Year R

Early Years

Key Stage 1

Year 1

Year 2



Competition

Children will be introduced to competition – Intra / Inter Sportsday / festivals

Dance



Children will start to explore different cultures through Dance



Competition Increases

Children will have opportunity for more sports, access to a variety of extra-curricular clubs, participate in different Inter-house competitions and attend more festivals. The quality of competition increases to include county / regional finals



Fundamental Movement Skills

Will be developed over KS1



The Body

Children will start to learn about their bodies



Swimming

Children will learn to swim in Years 3. 'Top-Up' intervention for those who do not meet NC

Year 4

Year 3

Key Stage 2



Hygiene

Children will learn about the importance of Hygiene & Well-being



Health

Children will learn about the importance of Healthy Eating, Sleep, Well-being

Community Clubs

Children will be encouraged to join local clubs – Exit Routes / Sign-posting



OAA



Pupils in KS2 will have the opportunity to visit different environments to further develop OAA including residential



KS2 Games

Will explore transferable skills, knowledge & understanding



Leadership

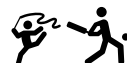
Children will have opportunity for Sports Leadership in lessons (Active Leaders) as well as Playground Leaders, leading festivals, and being part of the School Sports Crew.



Swimming

All pupils will be able to swim 25m, use a variety of strokes and be able to self rescue.

Sports Specific Skills



Children will learn specific sports skills within lessons applying them in different scenarios and related sports



Strategies, Tactics, Rules, Roles

Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach)



End of KS2

Children will leave with a love of PE, physical activity & sport. At High School they will engage in opportunities, clubs, teams. They may choose GCSE or BTEC PE, Sports Leadership & active, healthy lifestyles

