

# Progression in PESSPA at St John the Baptist



**The Daily Mile!**  
All children will run 15 minutes per day to increase physical activity levels.



**Word of the Week!**  
All children will be introduced to a PE word of the week. Children will be challenged to use it in their weekly writing.

## Interventions to support in KSI

Children identified for additional support with gross & fine motor skills (Enabling / Accessing).



## Competition

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



## Gifted and Talented

Gifted and Talented children identified for challenge.

## The Journey Starts

All children will achieve a GLD by end of Reception.



Year R

Early Years

Key Stage 1

Year 1

Year 2



## Competition Increases

Children will have greater opportunity to participate in competitive sports through organised fixtures/school games/local council.

**Fundamental Movement Skills**  
Children will develop these skills in EYFS and KSI

## Swimming

Children will be taught to swim in Years 3 & 4 by specialist swimming teachers.

**The Body**

Children will start to learn about their bodies through Science lessons and the school nurse.

## Dance

Children will start to explore their termly topic through dance and gymnastics.



## Hygiene

Children will learn about the importance of hygiene & well-being.



## Health

Children will learn about leading a healthy lifestyle through Science lessons and the Healthy Heart Scheme.

## School-Clubs Links

Children will be encouraged to join local clubs through leaflets, advertisement and school-club connections.



Year 4

Year 3

Key Stage 2

## KS2 Games

KS2 children will explore transferable skills, knowledge & understanding.



## Leadership

Children will have opportunity for Sports Leadership through the roles of 'Sports Captain' and 'Playleader'.



## Swimming

All children will be able to swim 25 m Interventions to support those who cannot.



OAA

Pupils in KS2 will have the opportunity to visit different environments for OAA including a residential to Alton Castle. Children will also use their geography skills in outdoor PE activities.



Year 5

Year 6

## 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) in preparation for BTEC/GCSE courses starting in Year 10.



## End of KS2

Children will leave with a love of PE, physical activity & sport. At Secondary School, they will engage in opportunities, clubs and teams. They will choose GCSE PE, Sports Leadership whilst living active and healthy lifestyles.



## Extra Provision

Energise Sport will provide provisional support in PE lessons and host extra-curricular activities for all children.