



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

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

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

Swimming

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



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.

Competition Increases

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

School-Clubs Links

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



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 4

Year 3



KS2 Games

KS2 children will explore transferable skills, knowledge & understanding.



Children will have opportunity for Sports Leadership through the role of 'Sports Captains'.



Leadership



KS2 children will swim for 30 minutes per week across the key stages.



Swimming



End of KS2

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.

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.