

Our Golden Thread PE Journey



The Journey Starts

EYFS Introduction to PE. Personal/Social/Emotional Development. Communication/Language. Expression/Cooperation. Running, Throwing, Catching.



Dance & Gymnastics

Master basic movements, developing balance, coordination and simple movement patterns.

OAA

Pupils in KS2 will have the opportunity to visit different environments for OAA Problem Solving / Decision Making / Listening / Teamwork / Communication / Inclusion



Sports Specific Skills



Children will play competitive games Children will learn specific sports skills within lessons applying them in different attacking and defending situations.

Athletics, Yoga, Dance & Gymnastics



Children will be able to compare performances, demonstrate improvement to achieve their best. Develop flexibility, strength, control & balance.



Ball Skills and Games



Start to participate in small team games. Develop simple tactics. Leadership/Teamwork/Cooperation.



Fundamental Movement Skills

Will be developed over KS1

Swimming



Children will learn to swim in Years 3/4/5/6



KS2 Games

Will explore transferable skills, knowledge & understanding. 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. Evaluate and recognize own success.



Sending & Receiving

Agility/Coordination/Tracking Skill transfer. Cooperation & Communication.



Team Building

Travelling / Listening / Inclusion / Leading / Trust / Honesty.



Leadership



Children will have opportunity for Sports Leadership



End of KS2

Children will leave with a love of PE, physical activity & sport. Transitioning to Secondary School they will have engaged in competitive opportunities, clubs, teams.



Striking & Fielding

Participation in team games. Bowling, Batting & Transferable Skills. Select & Apply, Tactics and Decision Making. Collaboration/Communication & Teamwork



Invasion

Dribbling / Dodging / Respect / Cooperation / Determination / Perseverance / Decision Making & Reflection



Swimming

Pupils to effectively use a range of strokes and perform self-rescue.

