



CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

Physical Education Athletics Progression Map



‘Ready for the Future’

2020-2021

Physical Education - Intent

At Crigglestone St James Academy, we believe that physical education is vital to pupils' physical, mental, social and emotional development and health. Children at St James are encouraged to reach their full potential in an inclusive and engaging environment which supports and challenges all children. Our aim is for physical education to help children be "Ready for the Future" in all aspects of their life through developing creativity, curiosity and resilience, experiencing leadership and forming social relationships.

We have created an inclusive curriculum developed with The PE Hub and iMoves (which follows the EYFS framework and National Curriculum). Our curriculum allows children to build upon their prior knowledge from past physical education lessons, learn new skills and be confident in applying these skills. Our curriculum is based around six key sporting values: determination, passion, respect, honesty, self belief and teamwork. We give our children a breadth of sporting opportunities within the curriculum, through our lunchtime provision and extra-curricular activities. Children use the sporting values and develop their sporting skills which can lead to representing the school in the intra house and inter school festivals, community festivals, national competitions and other sporting events.

A sports person is more than just excelling in a specific sport. We want our children to understand the importance of leading a healthy lifestyle and know how to take care of themselves both physically and mentally in order to be successful in their future.

Athletics Journey

Reception

Running - They move confidently in a range of ways, safely negotiating space.

Jumping - Jump in a variety of different ways showing some control.

Throwing - To develop underarm and overarm throwing techniques.



Key Stage 1

Running - Learning to run at different speeds for short and long distances.

Jumping - Develop jumping technique and begin to show more control with take off and landing.

Throwing - To develop control and coordination whilst throwing for distance and accuracy.

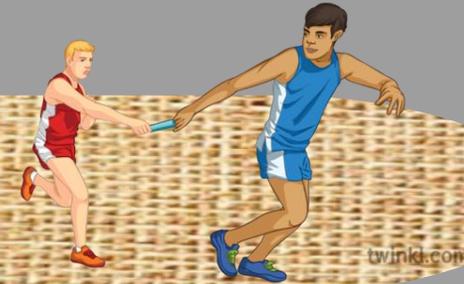


Lower Key Stage 2

Running - Understand how to pace your speed when running over an increased distance.

Jumping - Combine basic jump actions to form a jump combination.

Throwing - Show control, coordination and accuracy whilst throwing.



Upper Key Stage 2

Running - Time a run in order to be able to increase running speed when close to finishing.

Jumping - To compare previous jumping performances and practise how to improve to achieve a personal best.

Throwing - To measure distance of throws and practise techniques to achieve a personal best.

