



# CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

## Physical Education Foundations Progression Map



‘Ready for the Future’

2021-2022

# 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.

# Foundations Journey

## Reception



Explore balance and how to manage own body.  
Begin to learn how to stretch, reach and extend in a variety of ways and positions.  
To be able to control body and perform specific movements on command.  
Begin to show engagement in tasks to perform movements safely.

## Key Stage 1

To explore core strength and lower body and upper body stability.  
To develop an understanding of coordination and flexibility.  
To show more body control when learning new movements.  
To begin to understand the importance of moving slowly when learning new movements.



## Lower Key Stage 2

To apply knowledge of core strength and lower/upper body stability to improve technique.  
To be able to judge pace during exercises for maximum effort.  
To compare previous performances in body management skills.  
To understand the impact exercise has on strengthening the body.

## Upper Key Stage 2

To improve balance and control using replication.  
To understand the importance in hydration whilst exercising.  
To understand the importance of rest after exercise and the impact sleep has on the body and mind.  
To use previous knowledge to create exercises for others to participate in.  
To evaluate exercises and think of ways of improving.

