



CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

Physical Education Gymnastics 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.

Gymnastics Journey

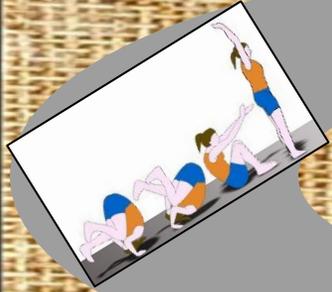
Reception

Develop confidence in fundamental movements
Experience jumping, sliding, rolling, moving over, under and on apparatus
Develop coordination and gross motor skills
Begin to link simple balance, jump and travel actions



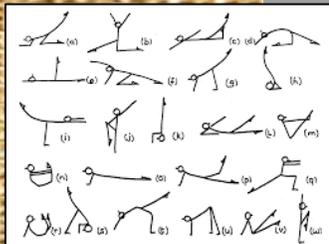
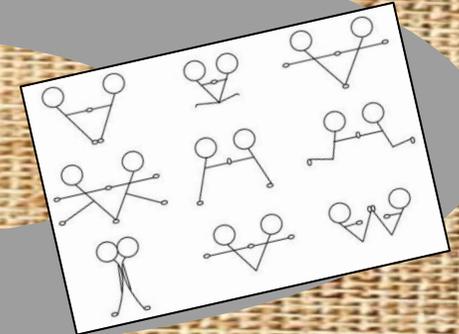
Key Stage 1

Use core strength to link recognised gymnastic elements
Create and perform a simple sequence
Perform with control and consistency basic actions at different speeds and levels
Attempt to use rhythm whilst performing a sequence



Lower Key Stage 2

Become increasingly competent and confident performing skills more consistently
To perform in time with a partner and group
Use compositional ideas in sequence changes (height, speed and direction)
Refine taking weight on small and large parts of the body



Upper Key Stage 2

Lead group warm ups showing an understanding of the need for strength and flexibility
Perform increasingly complex sequences
Combine own ideas with others to build sequences
Arrange apparatus to enhance work and vary ideas
Compose and practice actions related to music