
Long Term Progression Map

Curriculum Rationale

Intent

At Great Binfields Primary School, learning in Physical Education is underpinned by our **Learning Core Values**, the statutory requirements of the **National Curriculum** and delivered through the school ethos and values. From our curriculum, pupils will become physically confident being physically educated through a broad range of physical activities across different activity areas and school sport.

Through the PE Curriculum at Great Binfields, children will;

- enjoy learning and achieve success
- be confident to take part in physical activity;
- be competent in a range of physical skills;
- be a confident and independent learner
- Develop respect for their bodies through understanding of how to stay fit and healthy
- Be open minded to the various talents of each and work cooperatively with others
- Seek out and enjoy challenges
- Ask questions to extend thinking
- Collaborate with others and work as part of a team to reach a common goal
- Overcome barriers by trying out alternative and adapting or developing ideas
- Assess themselves and others
- Show commitment and perseverance
- Connect ideas and experiences in different ways
- Be physically literate in a way that supports wellbeing both now and, in the future

Physical Education - Long Term Plan and Progression Map

Implement

Curriculum Elements and Values	Physical (How can they move their body to complete a task?)	Resilience (How do they overcome problems so that they are able to reach personal ability)	Co-operate and Collaborate (How can they work well and successfully with others?)	Creative (What have they done well? What are they interested in? What other ways can they move and complete a task?)	Health and Fitness (How can they lead a healthy, active life? How can they keep themselves and others safe, including everyone and showing respect for the human body)
	<p>Pupils will develop the confidence and independence to move in a range of ways so they are successful to take part in physical tasks and activities (balance, travel and object control skills; perform skills with changes to: space, relationships and effort)</p>	<p>Pupils will become adaptable and able to correct their skills by learning from their mistakes. They will 'bounce back' and improve their personal best by listening and using teaching points during their lesson. Their mind set during winning and losing will be formed to show resilience.</p>	<p>By working together, children will be open to new ways of working, respecting the different contributions that everyone has and take on roles and responsibilities in varying activity contexts (set collaborative goals; sharing ideas; turn taking; listening; leading & following)</p>	<p>Pupils will be openminded & curious to the many forms their body can take & alternative possibilities to be successful. This will show Expression & divergence as they move, being reflective and resourceful. (describe actions; explore ways of moving; review tasks; plan; likes & dislikes; strengths & weaknesses appreciate others)</p>	<p>Pupils will be respectful of their own and others bodies in safe and inclusive ways. They will show compassion to others through their actions and celebrate everyone's achievements. (short & long term effects of physical activity on the body; warming up and cooling down; safety; participation; getting changed)</p>

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Impact

Age Phase	Physical	Resilience	Co-operate and Collaborate	Creative	Health and Fitness
Year R	<ul style="list-style-type: none"> Show good control and co-ordination in large and small movements 		<ul style="list-style-type: none"> Move confidently in a range of ways, safely negotiating space 	<ul style="list-style-type: none"> Sing songs, make music and dance and experiment with ways of changing them Represent their own ideas, thoughts and feelings through design and technology, art, music, 	

				dance, role-play and stories	
Year 1	<ul style="list-style-type: none"> Practise basic movements including running, jumping, throwing and catching 	<ul style="list-style-type: none"> Discuss how to improve in different physical activities 	<ul style="list-style-type: none"> Participate in team games Begin to develop simple tactics for attacking and defending 	<ul style="list-style-type: none"> Discuss own performances Perform simple dances 	<ul style="list-style-type: none"> Develop balance and agility
Year 2	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching 	<ul style="list-style-type: none"> Evaluate own and others' performances Identify how to improve in different physical activities 	<ul style="list-style-type: none"> Participate in team games following simple rules Develop simple tactics for attacking and defending 	<ul style="list-style-type: none"> Perform dances using simple movement patterns 	<ul style="list-style-type: none"> Develop and apply balance, agility and co-ordination
Year 3	<ul style="list-style-type: none"> Begin to use running, jumping, throwing 	<ul style="list-style-type: none"> Begin to show an understanding of how 	<ul style="list-style-type: none"> Communicate and compete 	<ul style="list-style-type: none"> Perform dances and gymnastic 	<ul style="list-style-type: none"> Further develop flexibility,

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	<p>and catching in isolation and in combination</p>	<p>to improve own and others' performances</p> <ul style="list-style-type: none"> • Compare performances with previous ones • Begin to demonstrate improvement to achieve personal best 	<p>with each other</p> <ul style="list-style-type: none"> • Participate in team games understanding the rules • Develop a wider range of tactics for attacking and defending 	<p>routines on own and with others using movement patterns</p>	<p>strength, control and balance</p> <ul style="list-style-type: none"> • Participate in outdoor and adventurous activities
Year 4	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination 	<ul style="list-style-type: none"> • Understand how to improve own and others' performances • Compare performances with previous ones • Demonstrate improvement to achieve personal best 	<ul style="list-style-type: none"> • Communicate and compete with each other • Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect 	<ul style="list-style-type: none"> • Perform dances and gymnastic routines on own and with others using movement patterns 	<ul style="list-style-type: none"> • Further develop flexibility, strength, technique, control and balance • Participate in outdoor and adventurous activities

			<ul style="list-style-type: none"> • Understand basic principles suitable for attacking and defending 		
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Year 5	<ul style="list-style-type: none"> • Use a broad range of skills in isolation and in combination to become physically confident • Apply principles suitable for attacking and defending 	<ul style="list-style-type: none"> • Evaluate and recognise own and others' success and identify strategies for improvement • Play competitive games showing good communication and collaboration to demonstrate their sense of 	<ul style="list-style-type: none"> • Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel 	<ul style="list-style-type: none"> • Perform dances and gymnastic routines on own and with others using a range of movement patterns 	<ul style="list-style-type: none"> • Develop mastery of flexibility, strength, technique, control and balance • Participate in outdoor and adventurous activities •
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		<p>sportsmans hip</p> <ul style="list-style-type: none"> Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best 			
Year 6	<ul style="list-style-type: none"> Use a broad range of skills in isolation and in combination to become physically confident Apply range of principles suitable for attacking and defending 	<ul style="list-style-type: none"> Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best 	<ul style="list-style-type: none"> Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel Evaluate and recognise own and others' 	<ul style="list-style-type: none"> Perform dances and gymnastic routines on own and with others using a range of movement patterns 	<ul style="list-style-type: none"> Master flexibility, strength, technique, control and balance Participate in outdoor and adventurous activities

			<p>success and identify strategies for improvement</p> <ul style="list-style-type: none">• Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship		
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