

PESSPA Progression Map

The Journey begins...

Nursery children participate in PE. All children to achieve a GLD by end of Reception.

Interventions support in KS1

Children identified for additional support with gross motors skills using the MOVES programme.



Competition

Children will be introduced to Inter Competition via the School Games & BPSSA calendar.



Safe & Active Travel

Children encouraged to cycle, scoot and walk to school as part of a healthy lifestyle.



PSHE –Healthy Me

Children will learn about the importance of Healthy Eating, Sleep, Wellbeing and leading a healthy lifestyle.



Early Years

Year R

Key Stage 1

Year 1

Year 2

Fundamental Movement Skills

will be developed over KS1 - ABCs



Swimming

Children will learn to swim in KS2.



Competition Increases!

Children will have opportunity for more sports and quality of competition increases to include county / regional finals.



ASC and Community links

Children will be encouraged to join school and local clubs and activities via Class Dojo.



OAA

Pupils in Y5 & Y6 will have the opportunity to visit a OAA residential. This will enhance learning in school via the Enrich Education programme.



Year 4

Year 3

Key Stage 2

KS2 Games

Will explore transferable skills, knowledge & understanding



Pupils will develop leadership and responsibility in PESSPA.



Sports Committee



HEALTH



Swimming boosters

All pupils will be able to swim 25m by the end of Y6. Interventions to support those who cannot.

Year 5

Year 6

Specifics, Tactics, Rules, Roles

Children will learn specific sports skills within lessons applying them in different scenarios. Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles: referee, team captain and coach.

End of KS2

Children will leave with a love of PE, physical activity & sport. They will go on to lead happy, healthy and active lifestyles. Potentially having a career in sport.



Bikeability

Children will learn to cycle with confidence with Level 1 & 2 training opportunities.

