

## Progression in P.E. at Wimborne Junior School

Progression in P.E. ensures that a love of activity is instilled into every child in the school. Each year builds on from the last and the expectation of progression is that children build on from the previous year's objectives to ensure that the acquisition of a PE skills is secure.

<b>PE By the end of year 3 the average child can ...</b>			
<b>AQUIRING &amp; DEVELOPING SKILLS</b>	<b>SELECTING &amp; APPLYING SKILLS, TACTICS &amp; COMPOSITIONAL IDEAS</b>	<b>EVALUATING &amp; IMPROVING PERFORMANCE</b>	<b>KNOWLEDGE &amp; UNDERSTANDING OF FITNESS &amp; HEALTH</b>
AS1 - Pupils explore simple skills. AS2 - They copy, remember & repeat simple actions with control.	TC1 - Pupils vary skills, actions & ideas. TC2 - They begin to show some understanding of simple tactics & compositional ideas.	E1 Pupils talk about differences between their own and others performances and suggest improvements.	FH1 Pupils understand how to exercise safely and describe how their body feels during different activities.
<b>By the end of year 4 the average child can ...</b>			
<b>AQUIRING &amp; DEVELOPING SKILLS</b>	<b>SELECTING &amp; APPLYING SKILLS, TACTICS &amp; COMPOSITIONAL IDEAS</b>	<b>EVALUATING &amp; IMPROVING PERFORMANCE</b>	<b>KNOWLEDGE &amp; UNDERSTANDING OF FITNESS &amp; HEALTH</b>
AS1 - Pupils use skills with co-ordination and control.	TC1 - Pupils show that they understand tactics & composition by starting to vary how they respond.	E1 - Pupils look at the work of others to improve their own performance.	FH1 - Pupils know why warming up is important & why physical activity is good for their health.
<b>By the end of year 5 the average child can ...</b>			
<b>AQUIRING &amp; DEVELOPING SKILLS</b>	<b>SELECTING &amp; APPLYING SKILLS, TACTICS &amp; COMPOSITIONAL IDEAS</b>	<b>EVALUATING &amp; IMPROVING PERFORMANCE</b>	<b>KNOWLEDGE &amp; UNDERSTANDING OF FITNESS &amp; HEALTH</b>
AS1 - Pupils link skills, techniques & ideas. AS2 - Their performance shows precision, control & fluency	TC1 - Pupils link skills & apply them accurately. TC2 - They understand tactics & composition.	E1 - Pupils compare & comment on skills, techniques & ideas, E2 - They use this understanding to improve their own performance.	FH1 - Pupils are able to explain basic safety principles when preparing for exercise & describe the effects exercise has on their fitness & health.

"Reach for the stars"

Sincerity, Teamwork, Achievement, Respect

By the end of year 6 the average child can ...			
AQUIRING & DEVELOPING SKILLS	SELECTING & APPLYING SKILLS, TACTICS & COMPOSITIONAL IDEAS	EVALUATING & IMPROVING PERFORMANCE	KNOWLEDGE & UNDERSTANDING OF FITNESS & HEALTH
AS1 - Pupils combine their skills, techniques and ideas consistently showing precision, fluency and control.	TC1 - Pupils select & apply skills appropriately. TC2 - When performing, they draw on what they know about strategy, tactics & composition.	E1 - Pupils analyse & comment on skills & techniques & how these are applied to their own & others' work. E2 - They modify & refine their in response to others' comments	FH1 - Pupils explain how the body reacts to different types of exercise. FH2 - Warm up & cool down to suit activity. FH3 - Explain why regular, safe exercise is good for fitness & health

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