

## Holy Trinity Progression Map of Key Concepts for Physical Education

## Involvement, Enjoyment, Achievement.

11

Physical competence, performance, creativity, healthy active lifestyles.

11 - Actively promote healthy lifestyles

10 – 11 Leadership



10 – 11 Officiating

10 - 11 Set plays

Physical competence, performance, creativity, healthy active lifestyles.

9 – Incorporate knowledge and skill with more detailed techniques and greater consistency.

9 - Evaluate performance

9 - Suggest tactics / strategies.

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10 - 11 Develop personal fitness, and make informed choices

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8 – Evaluate and improve performance (self and others),

Physical competence, performance, creativity, healthy active lifestyles.

8 - Understand importance of laws and terminology

8 - Measure and record.

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7 – 8 Understand and apply knowledge within game situations 7 - 8 Know and perform correct techniques.

Physical competence, performance, creativity, healthy active lifestyles.

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9 Decision making, communication, team play.

**BUILD AND EMBED** 

KS3 – 4

Subject content will be developed through a combination / selection of

- Games (Invasion, net/wall, striking and fielding)
- Athletics
- Gymnastics
- Dance

All underpinned by fitness

7 – 8 Composition (develop and combine creatively)

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Physical competence, performance, creativity, healthy active lifestyles.

5 – 6 Increase coordination

5 – 6 Basic principles of attack and defence,

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5 – 6 How to improve (self)

5 – 6 Actions and sequences of movement creatively.

Physical competence, performance, creativity, healthy active lifestyles.

3 – 4 Improvise imaginatively

3 – 4 Competitive games, increase collaboration.

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.3 – 4 Control and balance

3 – 4 Travelling, jumping, turning

Physical competence, performance, creativity, healthy active lifestyles.

1 – 2 Create simple movement patters,(balance, agility)

2

1 – 2 Basic team games,

1 – 2 Travel rhythmically (watch, copy, describe)

Physical competence, performance, creativity, healthy active lifestyles.

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Subject content will comprise of:

- Games
- Outdoor and adventurous activities
- Dance
- Gymnastics
- Athletics
- Swimming (Year 4 only)