

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

## Involvement, Enjoyment, Achievement.



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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9

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.

8

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

Physical competence, performance, creativity, healthy active lifestyles.

7

7

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)

## Involvement, Enjoyment, Achievement.



6

**APPLY AND DEVELOP** 3 – 6 Broader range of skills used in different ways (run, jump, throw)

3

2

**DEVELOP**1 – 2 Fundamental movement skills (run, jump, throw)

1

EYFS2

Ring games- Rules and movement Dance- Rhythmic, co-ordination, fluency, space.

Apparatus- Control, balance, strength, agility.

Ball skills- Control, coordination

EYFS1
Core strength
Use of space
Explore and control
movements