

Progression in PESSPA at St. Wulstan's

The Journey Starts

All children to achieve a GLD by end of Reception. Supported by outdoor provision, Squiggle: While You Wiggle, Dough Disco, Jumping Jaxx etc.

Extra Opportunities

Children receive 'booster' sessions throughout the year. Worcester Cricket, Balance Bikes and Jon Miller Coaching.



Children will be introduced to competition – Intra / Inter Sportsday / festivals



Competition Increases
Children will have opportunity for more sports, access to a variety of extra-curricular clubs, participate in different Inter-house competitions and attend more festivals. The quality of competition increases to include county / regional finals

Fundamental Movement Skills
Will be developed over KS1

Swimming
Children will learn to swim in Years 3/4. 'Top-Up' intervention for those who do not meet NC.

The Body
Children will start to learn about their bodies

Dance
Children will start to explore different movements though Dance

Hygiene
Children will learn about the importance of Hygiene & Well-being

Health
Children will learn about the importance of Healthy Eating, Sleep, Well-being

Swimming
All pupils will be able to swim 25m, use a variety of strokes and be able to self rescue.

Community Clubs
Children will be encouraged to join local clubs – Exit Routes / Sign-posting

OAA
Pupils in KS2 will have the opportunity to visit different environments to further develop OAA including residential

KS2 Games
Will explore transferable skills, knowledge & understanding

Leadership
Children will have opportunity for Sports Leadership in lessons (Active Leaders) as well as Playground Leaders, leading festivals, and being part of the School Sports Crew.

Sports Specific Skills
Children will learn specific sports skills within lessons applying them in different scenarios and related sports

Strategies, Tactics, Rules, Roles
Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach)

End of KS2
Children will leave with a love of PE, physical activity & sport. At High School they will engage in opportunities, clubs, teams. They may choose GCSE or BTEC PE, Sports Leadership & active, healthy lifestyles