

Progression in PE at Aston St. Mary's School



PE at Aston St Mary's School

At Aston St Mary's School, we aim to develop pupils who will be physically active and can flourish in a range of different physical activities. We know that it is important for children to be active and healthy and, in line with our Christian values, we want all children to feel good about themselves in order to **live life abundantly**. Pupils take part on our PE lessons using our school rules:

- Be kind
- Be safe
- Be respectful



Shackadell – EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. The development of a child's strength, co-ordination and positional awareness is achieved by creating games and providing opportunities for play both indoors and outdoors. Children develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.

EYFS Statutory Framework

In the EYFS in PE pupils are taught to:

- Practise basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Control their bodies when performing a sequence of movements.
- Participate in games, developing simple ideas.

Shackadell (EYFS) Striking and fielding - cricket skills

Here the pupils are beginning to roll and throw the ball under arm for a purpose. They are beginning to play a game with simple rules that involves throwing or rolling the ball and then running to a line and back, whilst the other players collect the ball. Some pupils are starting to try and throw the ball over arm.



Key Stage 1

Key stage 1 pupils should develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

National Curriculum

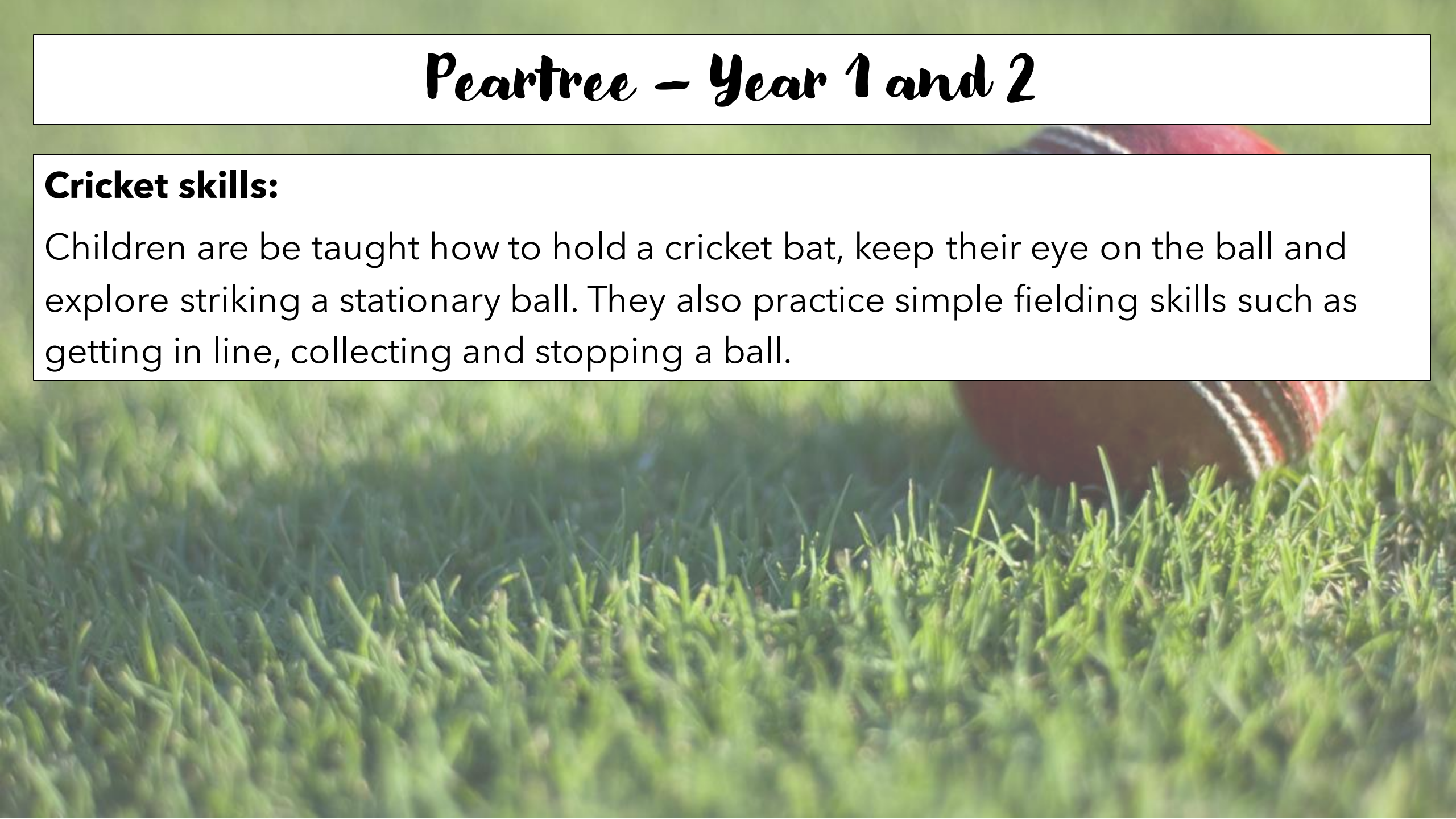
In Key Stage 1 pupils are taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement pattern.

Peartree – Year 1 and 2

Cricket skills:

Children are be taught how to hold a cricket bat, keep their eye on the ball and explore striking a stationary ball. They also practice simple fielding skills such as getting in line, collecting and stopping a ball.



Peartree striking and fielding – cricket skills



Here the pupils are now more commonly throwing with overarm throws. They are becoming more accurate with these and throwing to another team member.

You can see a simple game set up where the fielders are put in set positions. The batter hits a ball from the cone and then makes runs. The team must get the ball back to the cone. This progresses to getting the ball back to the bowler.

Peartree striking and fielding – cricket skills

Here the pupils are beginning to have the ball bowled to them . They are still in set positions as fielders and must return the ball to the bowler. The pupils are beginning to understand how to use fielders to return the ball to the bowler. The batter knows to run to the side to score some runs.



Key Stage 2

Key stage 2 pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

National Curriculum

In Key Stage 1 pupils are taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Haffydown – Year 2 and 3

Cricket skills:

During this topic children will learn how to position their hands when performing high and low catches and use a long barrier to stop a ball. They will practise underarm and overarm bowling techniques, developing accuracy. During games, they will follow simple rules and use basic batting, bowling and fielding techniques.

Haffydown striking and fielding – cricket skills

Here the pupils are beginning to learn to return the ball to the wickets in order to get people out of a game. They do this by practising returning the ball whilst their partner is running. This specific skill is practised with the 'batter' throwing the ball as far as they can first. They are starting to choose areas in the field that are more challenging for the fielders and are more strategic.



Puddlebridge – Year 4 and 5

Cricket skills:

During this topic children will learn fielding skills such as overarm throwing at stumps and using reverse and orthodox hand positions when catching. When batting they will practice a variety of simple shots to be able to use when placed in a game.

Puddlebridge striking and fielding – cricket skills

Here the pupils are starting to show real skill in more of a game format. The pupils are showing more skill with the cricket bat. The batter is looking to hit into a space where there are no fielders. Fielders, including a wicket keeper, are looking to get the batter out by returning the ball to the bowler or by hitting the wickets.



Danes – Year 5 and 6

Cricket skills:

During this topic, children learn fielding skills such as overarm throwing, overarm bowling and using reverse and orthodox hand positions when catching. When batting, they practice a variety of simple and advanced shots to be able to use when placed into a game, and know which shots to play based on the type of bowling delivery.

Danes striking and fielding – cricket skills

Here the pupils are practicing a range of batting strokes by using batting tees and stands in order to strike the ball at different heights and angles. They are now playing games of cricket that involve one batter at a time scoring runs. They play a modified version of the game using a football. This helps them to be more strategic about their placement of the ball.



Danes striking and fielding – cricket skills

The pupils are now playing the game more tactically, looking for spaces and ways to support the rest of their team in order to win the game. In wet weather, the pupils adapt the game to using a football and strategically kicking it to increase their chance of gaining runs.



