

PARKSIDE COMMUNITY PRIMARY SCHOOL
PESSPA LEARNING JOURNEY



Continue a lifelong love of learning ,personal development and healthy living



Move on to secondary School and continue to build upon learning

Continue to build skills and enjoy attending external Sports Club



The journey continues

The power of school values

Healthy active lifestyles

All year groups learn about..

TERM 6
Football intra competition Athletics

SSOC
To run and assist with lunch time clubs

Take part in a celebration of PE and sport

Enjoy moving

Exercise is good for physical and mental health

Healthy Eating
Healthy habits

Try new and different physical activities

TERM 5
Striking/fielding Games
Cricket and rounders
Sports leadership

TERM 4
Invasion games
Netball and basketball

TERM 3
Dance
Gymnastics

TERM 2
Net/racket games
Tennis and badminton
OAA

TERM 1
Invasion games
Football and tag rugby

Swimming

Apply tactics to competitive games

Enjoy competing with honesty and fairness

Listen to and help others to improve performance

Apply tactics

Suggest ideas for improvement

Develop leadership skills

Demonstrate strength, flexibility, control and creativity

explore composition

Listen to the advice of others to make improvements

Apply tactics to competitive games

Suggest ways to adapt games

Enjoy competing

Sustain physical activity

Develop skills, tactics and technique

Use school values to work collaboratively

Listen to the suggestions of others

Select and apply sport specific skills

Analyse movements

Use our school values to enjoy competing

YEAR 5

TERM 1
small sided invasion games.
Netball and handball

Swimming

TERM 2
Striking and fielding games
Trigolf and cricket

TERM 3
Dance
GymNastics

TERM 4
Net/racket games
Tennis and badminton
OAA

TERM 5
Small sided invasion games
Football and rugby

TERM 6
Hockey INTRA competition
Athletics

Transfer skills

Communicate ideas in small groups

Apply basic tactics

Adapting small sided games

understand roles

Positive approach to winning and losing

Work cooperatively

Develop strength, flexibility and control

Helping others to improve

Transfer skills

Apply tactics

Use school values to work positively with others

Work well in a team

enjoy competing

Have a positive approach to winning and losing

Use skills and tactics to outwit opponents

Analyse performance to aid improvement

Have a positive approach to winning and losing

YEAR 4

TERM 6
Trigolf Intra sport
Athletic skills

TERM 5
Small sided invasion games
Net/racket send and return

TERM 4
Athletic skills
Dance

TERM 3
Dance
Gymnastic skills

TERM 2
Small sided invasion Games
Gymnastic skills

TERM 1
Hitting catching and running
sending and returning

Positive approach to winning and losing

Combine athletic actions

Enjoy physic activity

Sustain physical activity

Communicate ideas effectively to others

Perform basic fundamental skills

Find ways of improving

Perform movement patterns

Perform simple movement patterns

Demonstrate school values in physical activity

Cooperate with others

Improving object control

Moving in line with the ball

Engage in physical activity

Engage in physical activity

Perform fundamental movements

YEAR 1

TERM 1
Hitting, catching and running, sending returning

TERM 2
Simple games and gymnastic skills

TERM 3
Dance
Athletic skills

TERM 4
Gymnastic skills
Dance

TERM 5
Simple team games
Send and return

TERM 6
Dodgeball
Athletic skills

Watch and copy simple movements

Self focused participation

Explore attacking and defending tactics

Develop Agility, Balance & Coordination

Explore attacking and defending tactics

Use values to respond positively to winning & losing

Participate in simple games

Engage and persevere in physical activity

Show positivity when winning and losing

Cooperate and participate with others

YEAR 2

School Games events begin

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Forge and develop friendships that will last a lifetime

Cooperate with others and take turns

Introduce school values

Engage and persevere in physical activity

Discover the joy of movement

Self focused participation

Move safely in space

Watch and copy simple movements

Engage in physical activity

welcome