



BISA PE - Progression



To educate the whole child, you need to provide a broad experience, both inside and outside of the classroom. From the Early Years to the Sixth Form, promoting physical activity and competitive aspirations is integral to BISA life. Timetabled lessons are dedicated to the major sports of the term and are supported through after-school and weekend flexible learning. Inter-house competitions celebrate the achievements of all, whilst a well-established East African inter-school sports circuit provides opportunities to compete at a more challenging level.

EYFS	Key Stage 1	Key Stage 2	Key Stage 3	Key Stage 4
<p>The EYFS framework is structured very differently to the national curriculum for Primary and Secondary. It is organised across seven areas of learning rather than subject areas. The most relevant statements for PE are taken from the following areas of learning:</p> <ul style="list-style-type: none"> • Personal, Social and Emotional Development • Physical Development • Expressive Arts and Design 	<p>Pupils should develop fundamental movement skills, become 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.</p>	<p>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 with each other. 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.</p>	<p>Pupils should build on and embed the physical development and skills learned in Key Stages 1 and 2, become more competent, confident and expert in their techniques and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p>	<p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p>

By the end of EYFS, children should know how to:	KS1 students should know how to:	KS2 students should know how to:	KS3 students should know how to:	KS4 students should know how to:
<ul style="list-style-type: none"> • be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • explain the reasons for rules, know right from wrong and try to behave accordingly. • manage their own basic hygiene and personal needs, including dressing. • work and play cooperatively and take turns with others. • negotiate space and obstacles safely, with consideration for themselves and others. • demonstrate strength, balance and coordination when playing. • move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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 patterns 	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • perform dances using advanced dance techniques in a range of dance styles and forms • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • take part in competitive sports and activities outside school through community links or sports clubs 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] or other physical activities [for example, dance] • take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • continue to take part regularly in competitive sports and activities outside school through community links or sports clubs

BISA PE - Termly Progression

Key Stage	Term 1	Term 2	Term 3
EYFS	Focus: Fundamental Movement Skills(FMS) Safety, movements, space, sending and receiving. Following routines and rules. Events: No EYFS Sports events this term	Focus: Fundamental Movement Skills(FMS) Agility, Balance & Coordination. Following routines and rules. Events: Sports Morning	Focus: Gross Motor Skills(GMS), Dance, Movement to music Events: No EYFS Sports events this term
Key Stage 1	Focus: Athletics & Football Events: Inter-house athletics Inter-schools athletics	Focus: Hockey, Football & Swimming. Events: Inter-house swim Inter-schools swim Inter-school football	Focus: Gymnastics, Cross-country Events: Inter-house cross country Inter-schools cross country
Key Stage 2	Focus: Athletics, Football, Rounders & Swimming Events: Y4 Dragon expedition Inter-house athletics Inter-schools athletics	Focus: Hockey,Cricket, Basketball(Yr 6) & Swimming Events: Y5 Dragon expedition Inter-house swim Inter-schools swim	Focus: Cross Country, Basketball(Yr 5) Netball, Rugby Events: Y6 Dragon expedition Inter-house cross country Inter-schools cross country
Key Stage 3	Focus: Athletics, Basketball Events: Inter-house Athletics Inter- Schools Athletics NTSAA athletics competition Kasarani athletics competition	Focus: Football, Netball, Swimming Events: Inter-house competition, Inter schools competition NTSAA football competition	Focus: Cross country, Netball, Rugby, Badminton/rounders Events: Inter-House competition Inter-house endurance challenge
Key Stage 4	Focus: Athletics, Football Events: Inter-house football NTSAA athletics competition Kasarani athletics competition	Focus: Swimming , Basketball Events: Inter house swimming gala NTSAA Basketball competition	Focus: Cross country, Netball, Rugby, Badminton/rounders Events: NTSAA cross country competition Interhouse endurance challenge