

PE

Whole School PE Progression Map



We always try to be that little bit better

INTENT - What are our aspirations for our children?

Our curricular goals:

To instil a love of movement, sport and physical activity that lasts a lifetime. To develop healthy bodies, confident minds, and a strong sense of fairness, teamwork and aspiration. To provide all children, regardless of ability, with opportunities to thrive physically, personally and socially through an engaging and inclusive curriculum.

The schools **values** and how the subject develops them:

School Value	Kindness	Determination	Respect	Aspiration
Purpose	To support others through teamwork and encouragement	To challenge oneself and show resilience	To win or lose with grace and follow the rules	To strive for personal bests and future goals

Overview

PE at Seaburn Dene teaches far more than physical skills. It nurtures self-discipline, cooperation, perseverance and personal growth. Every child is an athlete in their own way, and every lesson is a step toward greater physical literacy, confidence and health.

Aims

Seaburn Dene's PE curriculum, supported by Real PE and high-quality coaching, aims to develop:

- Physically confident individuals prepared for lifelong activity
- Socially and emotionally resilient learners
- An appreciation of fairness, inclusion, and respectful competition
- Skills that extend beyond the field: leadership, self-awareness and ambition

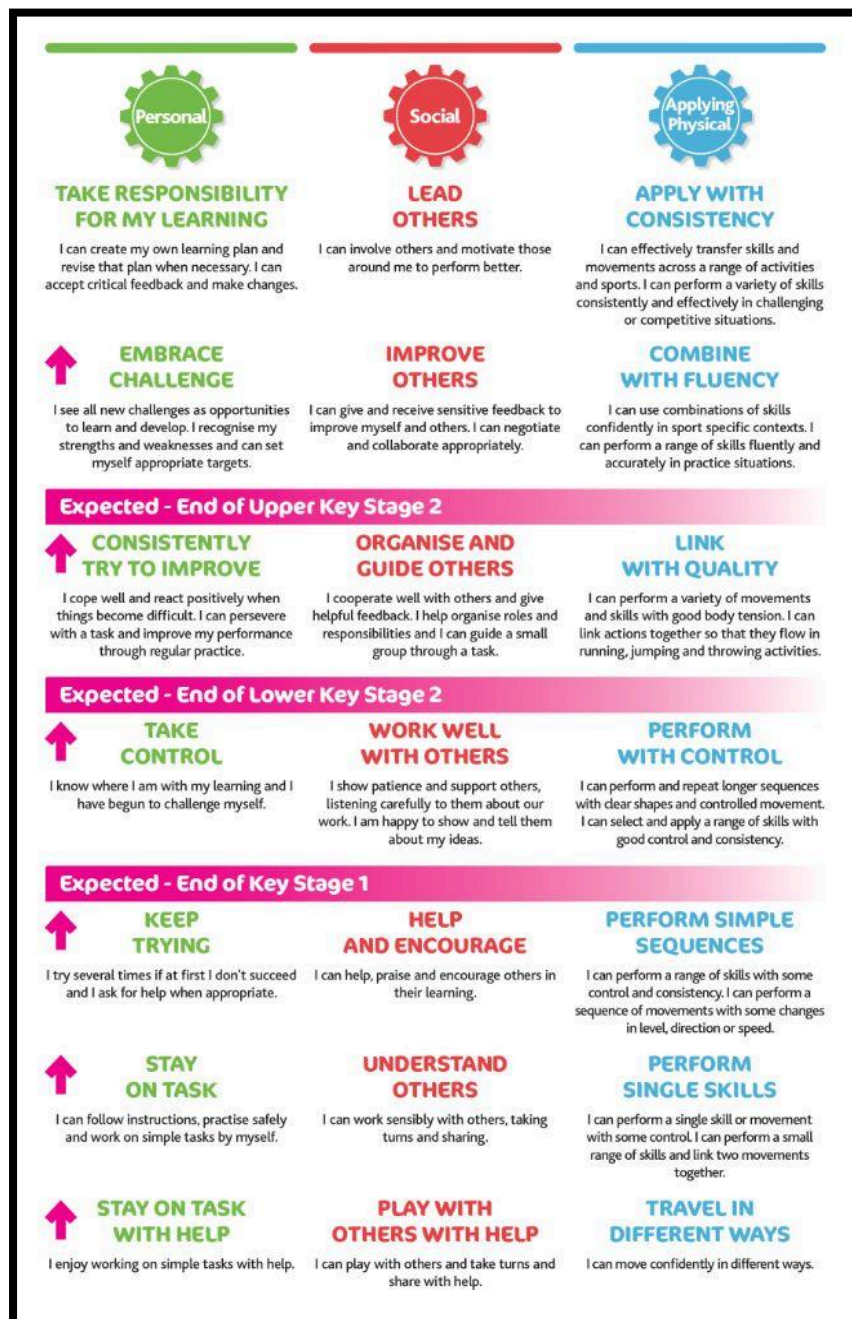
Long Term Sequence (including EYFS to KSI progression)

The **Real PE** scheme ensures a smooth transition from **EYFS to KSI** by maintaining consistency in skill development, teaching methods, and physical literacy progression.

- **Seamless Skill Development:** EYFS focuses on fundamental movement skills (balance, coordination, agility) through play, which are refined in KSI with increased structure and challenge.
- **Child-Centered Learning:** Activities are progressive and adaptable, allowing all pupils to develop at their own pace.
- **Personal, Social & Emotional Growth:** Emphasis on teamwork, confidence, and problem-solving continues from EYFS into KSI.
- **Structured Yet Flexible Approach:** Storytelling and play evolve into structured games, making the transition engaging and natural.

- **Holistic Development:** Real PE's **six learning 'Cogs'** (Personal, Social, Cognitive, Creative, Physical, and Health & Fitness) provide continuity in both stages.

By ensuring **continuity in approach and progression**, Real PE makes the shift from **EYFS to KSI** engaging, inclusive, and developmentally appropriate.



	Autumn		Spring		Summer	
	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 1	Real PE	Real PE	Real PE	Real PE	Tennis	Real PE
	Real Gym	Real Gym	Cricket	Real Dance	Athletics	Tennis
Year 2	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Real Gym	Real Gym	Real Dance	Dodgeball	Athletics	Athletics
Year 3	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Real Gym	Fitness	Real Dance	Benchball	Athletics	Athletics
Year 4	Real PE	Real PE	Real PE	Real PE	Swimming	Swimming
	Real Gym	Fitness	Cricket	Real PE	Athletics	Athletics
Year 5	Real PE	Real PE	Real PE	Real PE	Real PE	Rounders
	High 5	Real Gym (unit 1)	Swimming	Swimming	Athletics	Tennis
Year 6	High 5	Real PE	Real PE	Real PE	Real PE	Rounders
	Swimming	Swimming	Cricket	Real Gym (uni2)	Rounders	Tennis

Each lesson follows the model:

A **Real PE lesson** follows a structured, child-centred approach:

1. **Warm-Up (5-10 min):** Fun, active games to prepare muscles and encourage teamwork.
2. **Skill Development (10-15 min):** Focus on agility, balance, and coordination with progressive challenges.
3. **Skill Application (15-20 min):** Apply skills in game-like activities, emphasizing Real PE's six learning 'cogs.'
4. **Reflection (5-10 min):** Self and peer assessment, discussing effort, progress, and teamwork.

Lessons are **inclusive, differentiated, and teacher-facilitated**, ensuring holistic development

Curriculum Enrichment

- Developing strong links with our local sports clubs to sign post children.

Enrichment:

- Y2-6 Have the opportunity to compete in a competitive environment against other schools.
- Y1-6 Specialist sports coaches to deliver units based on specific sports and skills.
- Y4-6 Have the opportunity to swim for a term

SEND & Inclusion

We believe in equity through access. PE at Seaburn Dene is universally inclusive:

- High expectations and aspirations for all learners
 - Scaffolded activities and targeted support for pupils with SEND
 - Extension and challenge for children working at greater depth
- Differentiated outcomes focused on progress over performance

However, we recognise some pupils need provision ‘additional to’ quality first teaching in order to reach their potential in RE.

This includes:

- Carefully considered scaffolding
- Pre and post-teaching
- Pre-planned management of cognitive load
- Explicit instruction and modelling
- Structured challenge, without ceilings
- Additional targeted adult support.

IMPACT - How do we know our curriculum is effective?**Pupil Voice:**

- Children speak with pride about teamwork, fitness and sport.
- They articulate vocabulary and concepts from the Real PE framework and can apply values to other areas of the curriculum.
- They demonstrate self-awareness and goal setting

High Quality Outcomes:

- Children show consistent progress in skills, strategy, and teamwork.
- Growth in confidence, resilience and social cohesion.
- Participation in clubs, leadership and competitions increases.

Assessment:

- Formative: Ongoing AfL during lessons using Real PE and school frameworks.
- Summative: Teacher judgments aligned with National Curriculum & Progression Document.

