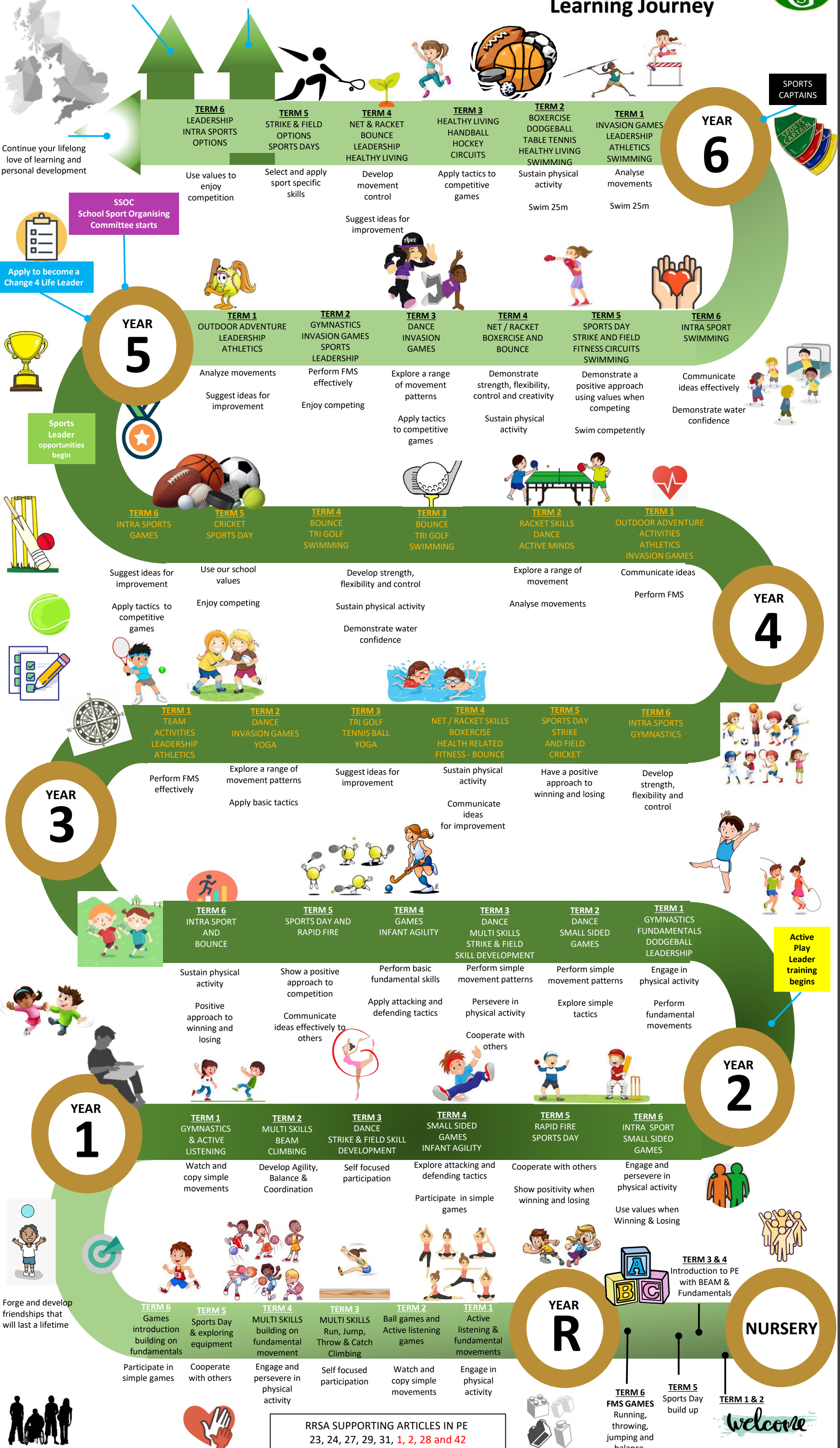


# Garlinge Primary School & Nursery PESSPA Learning Journey



Go to secondary School to continue to build upon what you have learnt.

Continue to build your skills within a Sports Club



**TERM 6**  
LEADERSHIP  
INTRA SPORTS  
OPTIONS

**TERM 5**  
STRIKE & FIELD  
OPTIONS  
SPORTS DAYS

**TERM 4**  
NET & RACKET  
BOUNCE  
LEADERSHIP  
HEALTHY LIVING

**TERM 3**  
HEALTHY LIVING  
HANDBALL  
HOCKEY  
CIRCUITS

**TERM 2**  
BOXERCISE  
DODGEBALL  
TABLE TENNIS  
HEALTHY LIVING  
SWIMMING

**TERM 1**  
INVASION GAMES  
LEADERSHIP  
ATHLETICS  
SWIMMING

**YEAR 6**

SPORTS CAPTAINS

Continue your lifelong love of learning and personal development

Use values to enjoy competition

Select and apply sport specific skills

Develop movement control

Apply tactics to competitive games

Sustain physical activity

Analyse movements

Swim 25m

Swim 25m

**SSOC**  
School Sport Organising Committee starts

Apply to become a Change 4 Life Leader

**YEAR 5**

**TERM 1**  
OUTDOOR ADVENTURE  
LEADERSHIP  
ATHLETICS

**TERM 2**  
GYMNASTICS  
INVASION GAMES  
SPORTS LEADERSHIP

**TERM 3**  
DANCE  
INVASION GAMES

**TERM 4**  
NET / RACKET  
BOXERCISE AND BOUNCE

**TERM 5**  
SPORTS DAY  
STRIKE AND FIELD  
FITNESS CIRCUITS  
SWIMMING

**TERM 6**  
INTRA SPORT  
SWIMMING

Analyse movements

Perform FMS effectively

Explore a range of movement patterns

Demonstrate strength, flexibility, control and creativity

Demonstrate a positive approach using values when competing

Communicate ideas effectively

Suggest ideas for improvement

Enjoy competing

Apply tactics to competitive games

Sustain physical activity

Swim competently

Demonstrate water confidence

Sports Leader opportunities begin

**YEAR 4**

**TERM 6**  
INTRA SPORTS GAMES

**TERM 5**  
CRICKET  
SPORTS DAY

**TERM 4**  
BOUNCE  
TRI GOLF  
SWIMMING

**TERM 3**  
BOUNCE  
TRI GOLF  
SWIMMING

**TERM 2**  
RACKET SKILLS  
DANCE  
ACTIVE MINDS

**TERM 1**  
OUTDOOR ADVENTURE  
ACTIVITIES  
ATHLETICS  
INVASION GAMES

Suggest ideas for improvement

Use our school values

Develop strength, flexibility and control

Explore a range of movement

Communicate ideas

Apply tactics to competitive games

Enjoy competing

Sustain physical activity

Analyse movements

Perform FMS

**YEAR 3**

**TERM 1**  
TEAM ACTIVITIES  
LEADERSHIP  
ATHLETICS

**TERM 2**  
DANCE  
INVASION GAMES  
YOGA

**TERM 3**  
TRI GOLF  
TENNIS BALL  
YOGA

**TERM 4**  
NET / RACKET SKILLS  
BOXERCISE  
HEALTH RELATED  
FITNESS - BOUNCE

**TERM 5**  
SPORTS DAY  
STRIKE  
AND FIELD  
CRICKET

**TERM 6**  
INTRA SPORTS  
GYMNASTICS

Perform FMS effectively

Explore a range of movement patterns

Suggest ideas for improvement

Sustain physical activity

Have a positive approach to winning and losing

Develop strength, flexibility and control

**TERM 6**  
INTRA SPORT AND BOUNCE

**TERM 5**  
SPORTS DAY AND RAPID FIRE

**TERM 4**  
GAMES  
INFANT AGILITY

**TERM 3**  
DANCE  
MULTI SKILLS  
STRIKE & FIELD  
SKILL DEVELOPMENT

**TERM 2**  
DANCE  
SMALL SIDED GAMES

**TERM 1**  
GYMNASTICS  
FUNDAMENTALS  
DODGEBALL  
LEADERSHIP

Sustain physical activity

Show a positive approach to competition

Perform basic fundamental skills

Perform simple movement patterns

Perform simple movement patterns

Engage in physical activity

Positive approach to winning and losing

Communicate ideas effectively to others

Apply attacking and defending tactics

Persevere in physical activity

Explore simple tactics

Perform fundamental movements

Active Play Leader training begins

**YEAR 2**

**TERM 1**  
GYMNASTICS & ACTIVE LISTENING

**TERM 2**  
MULTI SKILLS  
BEAM  
CLIMBING

**TERM 3**  
DANCE  
STRIKE & FIELD  
SKILL DEVELOPMENT

**TERM 4**  
SMALL SIDED GAMES  
INFANT AGILITY

**TERM 5**  
RAPID FIRE  
SPORTS DAY

**TERM 6**  
INTRA SPORT  
SMALL SIDED GAMES

Watch and copy simple movements

Develop Agility, Balance & Coordination

Self focused participation

Explore attacking and defending tactics

Cooperate with others

Engage and persevere in physical activity

Participate in simple games

Cooperate with others

Self focused participation

Participate in simple games

Show positivity when winning and losing

Use values when Winning & Losing

Forge and develop friendships that will last a lifetime

**TERM 6**  
Games introduction building on fundamentals

**TERM 5**  
Sports Day & exploring equipment

**TERM 4**  
MULTI SKILLS building on fundamental movement

**TERM 3**  
MULTI SKILLS Run, Jump, Throw & Catch Climbing

**TERM 2**  
Ball games and Active listening games

**TERM 1**  
Active listening & fundamental movements

Participate in simple games

Cooperate with others

Engage and persevere in physical activity

Self focused participation

Watch and copy simple movements

Engage in physical activity

**TERM 3 & 4**  
Introduction to PE with BEAM & Fundamentals

**YEAR R**

**TERM 6**  
FMS GAMES  
Running, throwing, jumping and balance.

**TERM 5**  
Sports Day build up

**TERM 1 & 2**

welcome

RRSA SUPPORTING ARTICLES IN PE 23, 24, 27, 29, 31, 1, 2, 28 and 42