

ACKWORTH HOWARD PROGRESSION OF KEY CONCEPTS PE AND SPORT



Concept	Key Stage	What understanding and using that concept looks like..
Resilience <i>The capacity to recover quickly from difficulties and face the unfamiliar.</i>	EYFS	Willing to try new activities. Identify when help is needed.
	KS1	Adapt well to increasingly challenging situations and activities. Apply performance-based feedback in order to improve.
	KS2	Demonstrate improvement based on self-evaluation and performance-based feedback. Perceive challenge as an opportunity rather than a threat.
Skill <i>The ability to do something well; expertise.</i>	EYFS	Show good control and co-ordination in large movements (e.g. walking, running, skipping, climbing). Show good control in smaller movements (e.g. throwing, catching and kicking).
	KS1	Refine basic large and small movements and apply in a range of activities. Demonstrate hand-eye coordination to hit objects.
	KS2	Apply refined large and small movements in a range of competitive activities. Recognise the use of space to make informed decisions whether to pass, dribble or throw. Think ahead and create plans and scan before receiving possession.
Physical and Mental Fitness <i>The condition of being physically and emotionally fit and healthy.</i>	EYFS	Recognise ways to be healthy. Choose to take part in physical activities.
	KS1	Know how nutrition and healthy lifestyles improve physical fitness. Take part in strenuous activity.
	KS2	Apply knowledge of nutrition and healthy lifestyles to improve physical fitness. Take part in sustained, strenuous activity. Make informed choices based on knowledge of how they can become healthier.
Competition <i>Striving to gain or win.</i>	EYFS	Understand and follow the rules of a team game. Work as part of a group.
	KS1	Develop simple tactics for attack, defence and performance in order to improve. Explore different roles within team.
	KS2	Analyse previous performance of themselves and others in order to improve. Strategically deploy individual talents within a team. Show leadership and communication skills within team games.



**'Providing opportunities for growth in mind,
body and spirit.'**