

Spiral PE - Spiral PE is a curriculum approach to education that introduces key concepts to students at a young age and covers these repeatedly, with increasing degrees of complexity.

Focus Areas

Key stage 1

The 'Fundamentals of movement' to give children the key building blocks of physical literacy



The ability of the body to change direction and stop and start quickly and accurately while maintaining balance. Agility is the movement of the body at speed when it is both balanced and co-ordinated.



Defined as the state in which a body or object can remain reasonably steady and stable. Balance is established when the centre of gravity (CoG) is over the base of support.



The skilful and balanced sequencing of the body and its segments to produce movement of the body and generate force.

Key stage 2

Taking the fundamentals further and developing the social skills and physical literacy elements



The role thinking, understanding and decision making play in achieve controlled physical literacy and success in physical activity .



The individual core elements of physicality (e.g strength, speed etc) which are combined to produce results.



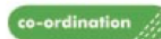
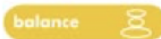
The ability to manipulate your body and sports equipment to achieve the greatest advantage in physical activities.

Skill Areas

Each of these units are further broken down into 6 key areas of physical literacy. Throughout the school year each child will be taught in these 18 Key Stage specific skill areas, which they will look at least twice (but never in isolation - e.g. it is impossible to carry out a balancing practice without using and reinforcing skills learned in co-ordination drills) so that they build up their bank of transferable skills and become physically literate.

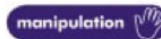
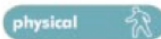
As well as developing within a school year children will build their physical literacy year on year, with a series of tasks and challenge levels that go from introductions to basic skills in Reception to in-game application of skills in year 6.

Key Stage 1 - Fundamentals of Movement



Body awareness	Points of contact	Receiving
Flexibility of movement	Generating force through transferring weight	Sending
Dodging & evading	Balancing equipment	Body position
Travelling	Static balance	Combination of skills
Reaction	Dynamic balance	Timing
Rotation	Understanding base and Centre of gravity	Differentiating force

Key Stage 2 - Transferable skills



Tactical awareness	Strength & Stamina	Dribbling
Evaluation	Speed	Passing
Peer mentoring	Power	Shooting
Understanding of rule	Physical processing	Fielding
Anticipation	Agility	Striking
Teamwork	Control	Accuracy

Spiral Framework

The transferable skills are taught in a spiral curriculum, meaning that we look to embed and contextualise the skills during each academic year. Then, as they move up through school there is a vertical increase in the challenge levels in each of the skill areas.

This is best explained with the following analogy: A child in reception is taught how to balance on one leg.; In year 6 they are taught how and when to apply side steps in a game situation. Each year sees a vertical progression in the end of year expectation between the two points. but within the year, the full range of skills is taught. This is designed to give child a full physical literacy tool kit.

