

# QUALITY EDSTART



PESSPA Manual  
2023 / 2024

**EDSTART**  
SPORTS COACHING

# EVERY CHILD DESERVES AN EDSTART

**At Edstart, we believe sport is a great way to kick-start wellbeing and build firm foundations for later life.**

**Most importantly - it's lots of fun! We work to nurture and develop fitness, social skills and positivity in every child, encouraging them every step of the way.**



# Intent, Implementation and Impact

## INTENT

To build children's knowledge through rich, motivational and inspiring learning experiences that provide them with real life skills that enable them to move into the world with integrity and confidence. We will provide knowledge in all subjects that builds sequentially through their time with Edstart. They will develop transferrable skills through their growing knowledge of the curriculum.

We will develop life-long learners who are knowledgeable and aware of their own well-being, social, emotional, physical and spiritual needs.

- To help children become physically active and to help them understand the importance of physical activity in promoting a healthy, active life.
- To help children develop appropriate skills as they participate in a broad range of physical activities.
- To give children the opportunities to enjoy and engage in competitive sports, games and other co-operative physical activities, in a range of increasingly challenging situations.
- To help children 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.

## IMPLEMENTATION

Through a high-quality Physical Education programme, pupils develop physical competence and confidence and are given opportunities to become physically literate.

We provide opportunities for all our pupils to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events.

- We will use the national curriculum for physical education to underpin our teaching and learning.
- We will teach children how to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
- We will provide opportunities for children to participate in team games and competitive games which will be modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.
- We will provide opportunities for children to enjoy and perform dances using simple movement patterns.
- Pupils will be taught to develop and apply a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Appropriate physical activities will be used to develop flexibility, strength, technique, control and balance through athletics and gymnastics.
- Children will take part in appropriate outdoor and adventurous activity challenges both individually and within a team.
- Pupils will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- We will provide links and pathways into the community for children to continue their sporting education outside of school.

# IMPACT

Through our offer, each pupil's wellbeing and fitness will be improved, not only through the sporting skills taught, but through the values and disciplines it promotes.

Within our lessons, children are taught about self-discipline and that to be successful they need to take ownership and responsibility for their own health and fitness. Our impact is therefore to motivate children to utilise taught skills in an independent and effective way in order to live happy and healthy lives.

Through using **EDSTART SPORTS COACHING** and the QUALITY **EDSTART** curriculum each child will have full access and achieve in the four main areas of the Physical Education National Curriculum.

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.



# Edstart Statement

At Edstart, all pupils will benefit from a physical education curriculum which motivates them to succeed and participate in sport, games, exercise and other physically-demanding activities.

Through our broad and balanced curriculum children will receive a:

## MOVING EDSTART

Children will start their journey to becoming physically competent as they develop their fundamental movement skills through experiencing a broad range of activities. Children will learn the benefits of physical activity and leading healthy, active lives.

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## PLAYING EDSTART

Children will start to develop their fundamental movement skills further as they become increasingly competent and confident in a broad range of activities to extend their agility, balance and co-ordination, individually and with others.

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## COMPETING EDSTART

Children will be given plenty of time to practice and refine their fundamental movement skills before they progress to applying them in more complex situations. Here children will engage in competitive sports and activities.

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## COMPLETE EDSTART

As children come to the end of their Edstart journey, they will have benefited from a PE curriculum which has motivated them to succeed and participate in sport, games and exercise. Through this they will be fully prepared for high school and beyond.

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# Curriculum Offer

By using the QUALITY **EDSTART** Curriculum, you have the option to choose from any of our Units of Work and make the curriculum work for your pupils. By doing so, your PE provision will follow the 3 key areas and also meet the National Curriculum for providing a broad and balanced offer.

## Long Term Plan

Key Stage Focus – Children are taught ...	
EYFS	
We encourage the physical development of children in the Foundation Stage as an integral part of their schoolwork. We relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years. We encourage the children to develop confidence and control of the way they move and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.	
Key Stage 1	Key Stage 2
<p>The children will:</p> <ul style="list-style-type: none"><li>• Be taught basic skills and team games.</li><li>• Develop fundamental movement skills.</li><li>• Engage in competitive and co-operative activities in a range of increasingly challenging situations.</li></ul>	<p>The children will:</p> <ul style="list-style-type: none"><li>• Develop and apply a broader range of skills, using them in different ways and linking them to make actions and sequences of movement.</li><li>• Use discrete skills in team games and competition.</li></ul>
Overall Primary focus to 'improve personal best' - recognising a child's own success and understanding of how to improve in different activities.	
<p>Our PE curriculum will inspire all pupils to engage, succeed and excel in competitive sport and other physically demanding activities.</p> <p>PE lessons will give opportunities to compete in sport and other physical activities, which will build the character of every child and will consistently encourage and embed values such as fairness and respect. Children in each key stage will also have further opportunities to take part in sport and other physical activities through a high quality extra-curriculum programme; this will further support their health and fitness and help them to lead healthy, active lives.</p> <p>Through a wide and varied curriculum, children will leave Primary School with the skills needed to be ready for High School Physical Education.</p>	

Year	Pupils will be taught ...
EYFS	<p>MOVING <b>EDSTART</b> - RISE Gymnastics: Pupils will learn basic skills in travelling, being still, finding a space and using it safely. They develop the range of their skills and actions, for example balancing, taking off and landing, turning and rolling.</p> <p>MOVING <b>EDSTART</b> - Movement to Music: Pupils will use movement to perform basic skills such as travelling, being still, making a shape, jumping, turning and gesturing.</p> <p>MOVING <b>EDSTART</b> &amp; PLAYING <b>EDSTART</b> - Fundamental Movement Skills - Body Control, Locomotor Skills &amp; Object Control: This area is covered in all aspects of EYFS PE. Pupils begin with basic moves and develop better co-ordination of movements. They will practice running movements, hand-eye co-ordination and basic motor skills. Pupils will develop a range of skills including agility, balance, co-ordination, skipping, hopping, kicking and many more. Pupils will be introduced to sending and receiving of various equipment in different ways and develop these skills for simple games and activities.</p> <p>MOVING <b>EDSTART</b> - Fitness: Pupils will learn about being active and the effects of exercise on their bodies.</p> <p>MOVING <b>EDSTART</b> - Animal Boogie Yoga: Pupils will be able to complete a full Yoga circuit and be able control their bodies when doing so.</p> <p>MOVING <b>EDSTART</b> - Story Book Sports: Pupils will learn basic skills in travelling, being still, finding a space and using it safely through popular story books.</p> <p>PLAYING <b>EDSTART</b> - Intro to Games 1 &amp; 2 : Pupils will be introduced to modified small sided games using the skills they have learnt. Pupils will use their Fundamental Movement Skills and apply them into sports specific games.</p> <p>PLAYING <b>EDSTART</b> - Intro to Racket Skills: Pupils will be introduced to racket skills and develop skill of ball manipulation.</p> <p>COMPETING <b>EDSTART</b> - Sports Day Activities: Pupils will take part in races and relays and learn how to win and lose gracefully.</p>
1	<p>MOVING <b>EDSTART</b> - RISE Gymnastics - Pupils perform basic skills in travelling, being still, finding a space and using it safely. They develop the range of their skills and actions, for example balancing, taking off and landing, turning and rolling. Pupils choose and link skills and actions in short movement phases and create and perform short sequences that show a clear beginning, middle and end and have contrasts in direction, level and speed.</p> <p>MOVING <b>EDSTART</b> - Dance: Pupils are taught to use movement imaginatively, responding to stimuli, including music and performing basic skills, for example, travelling, being still, making a shape, jumping, turning and gesturing.</p> <p>MOVING <b>EDSTART</b> &amp; PLAYING <b>EDSTART</b> - Fundamental Movement Skills - Body Control, Locomotor Skills &amp; Object Control: This area is covered in all aspects of Key Stage 1 PE. Pupils begin with basic moves to improve knowledge of personal space and general space and develop better co-ordination of movements. They practice running movements, hand-eye co-ordination and basic motor skills. Pupils will develop a range of skills including agility, balance, co-ordination, skipping, hopping, kicking and many more. Multi skills improve physical literacy to ready pupils for sports. Pupils travel with, send and receive a ball and other equipment in different ways and develop these skills for simple, competitive net &amp; wall, striking &amp; fielding and invasion type games that they and others have made, using simple tactics for attacking and defending.</p> <p>MOVING <b>EDSTART</b> - Fun Fitness: Pupils be introduced to fun fitness activities, which aim to make children out of breath.</p> <p>MOVING <b>EDSTART</b> - Jungle Yoga: Pupils will be able to complete a full Yoga circuit and be able understand the benefits of yoga.</p> <p>PLAYING <b>EDSTART</b> - Intro to Games 1 &amp; 2: Pupils will learn how to move in game situations, and apply a range of different FMS.</p> <p>PLAYING <b>EDSTART</b> - Intro to Striking and Fielding: Pupils will be introduced to the basics of games involving striking and fielding.</p> <p>PLAYING <b>EDSTART</b> - Intro to Racket Skills: Pupils will be introduced to racket skills and develop skill of ball manipulation.</p> <p>COMPETING <b>EDSTART</b> - Sports Day Activities: Pupils will take part in Sports Day Activities that work on speed, power and stamina. They will also take part in races and relays and learn how to win and lose gracefully.</p> <p>COMPETING <b>EDSTART</b> - Intro to Games 3 (Attacking &amp; Defending): Children will put into practice their skills to play small sided attack vs defence games.</p>
2	<p>MOVING <b>EDSTART</b> - RISE Gymnastics: Pupils perform basic skills in travelling, being still, finding a space and using it safely. They develop the range of their skills and actions, for example, balancing, taking off and landing, turning and rolling. Pupils choose and link skills and actions in short movement phases and create and perform short sequences that show a clear beginning, middle and end and have contrasts in direction, level and speed.</p> <p>MOVING <b>EDSTART</b> - Dance: Pupils are taught to use movement imaginatively, responding to stimuli, including music and performing basic skills, for example travelling, being still, making a shape, jumping, turning and gesturing.</p> <p>PLAYING <b>EDSTART</b> - Fundamental Movement Skills - Body Control &amp; Object Control: This area is covered in all aspects of Key Stage 1 PE. Pupils will develop their practice of running movements, hand-eye co-ordination and basic motor skills. Pupils will, with increasing confidence be able to show a range of skills including agility, balance, co-ordination, skipping, hopping, kicking and many more. Multi skills improve physical literacy to ready pupils for sports. Pupils will be able to dribble/move with various pieces of equipment. They should be able to start dodging and avoiding a defender using the basic moves and multi skills. Pupils travel with, send and receive a ball and other equipment in different ways and develop these skills for simple, competitive net &amp; wall, striking &amp; fielding and invasion type games that they and others have made, using simple tactics for attacking and defending.</p> <p>MOVING <b>EDSTART</b> - Fun Fitness: Pupils be introduced to fun fitness activities, which aim to make children out of breath.</p> <p>MOVING <b>EDSTART</b> - Jungle Yoga: Pupils will be able to complete a full Yoga circuit, and be able understand the benefits of yoga.</p> <p>PLAYING <b>EDSTART</b> - Intro to Games 1 &amp; 2 (Football, Basketball, Handball, Hockey, Tag Rugby &amp; Dodgeball): Pupils will start to apply their increasing range of FMS into different games.</p> <p>PLAYING <b>EDSTART</b> - Intro to Striking and Fielding: Pupils will consolidate and develop the range and consistency of their skills in a variety of striking and fielding games and activities.</p> <p>PLAYING <b>EDSTART</b> - Intro to Racket Skills: Pupils will consolidate and develop the range and consistency of their skills in a variety of racket skills.</p> <p>PLAYING <b>EDSTART</b> - Jag Tag for Beginners: Pupils will be introduced to the Jag Tag program and learn about American Football.</p> <p>COMPETING <b>EDSTART</b> - Intro to Games 3 (Attacking and Defending): Pupils will look to use their FMS in a range of attacking and defending games.</p> <p>COMPETING <b>EDSTART</b> - Sports Day Activities: Pupils will take part in Sports Day Activities that work on speed, power and stamina. They will also take part in races and relays and learn how to win and lose gracefully.</p>

Year	Pupils will be taught ...
3	<p>MOVING <b>EDSTART</b> - Intro to Gymnastics: Pupils create and perform fluent sequences on the floor and using apparatus, and include variations in level, speed and direction in their sequences. Pupils will be able to show that they can manage their bodies in a variety of different positions whilst being under control.</p> <p>MOVING <b>EDSTART</b> - Intro to Dance: Pupils create and perform dances using a range of movement patterns, including those from different times, places and cultures. They respond to a range of stimuli and accompaniment.</p> <p>MOVING <b>EDSTART</b> - Intro to Yoga: Pupils create and perform yoga routines using a range of FMS.</p> <p>PLAYING <b>EDSTART</b> - Intro to Invasion Games 1, 2 &amp; 3 (Netball, Basketball, Hockey, Football, Tag Rugby, Handball &amp; Lacrosse): Pupils will learn the skills needed to play small sided versions of the game.</p> <p>PLAYING <b>EDSTART</b> - Intro to Net &amp; Wall Games 1 &amp; 2 (Tennis, Badminton, Dodgeball &amp; Volleyball): Pupils will be introduced to matches in Short Tennis, Volleyball, Badminton and Dodgeball. They perform actions and skills with consistency, quality and control and begin to use basic skills.</p> <p>PLAYING <b>EDSTART</b> - Intro to Striking and Fielding (Rounders and Cricket): Pupils will be introduced to striking and fielding games, using a range of FMS.</p> <p>PLAYING <b>EDSTART</b> - Intro to Target Games (Tri Golf, Frisbee &amp; Archery): Pupils will be introduced to the basics of target games.</p> <p>PLAYING <b>EDSTART</b> - Intro to Jag Tag: Pupils will be introduced to Jag Tag and the skills needed to play small sided games.</p> <p>COMPETING <b>EDSTART</b> - Intro to Invasion Games 1, 2 &amp; 3 (Netball, Basketball, Hockey, Football, Tag Rugby, Handball &amp; Lacrosse): Pupils will use the skills and tactics taught and apply basic principles for attacking and defending.</p> <p>COMPETING <b>EDSTART</b> - Intro to Athletics: Pupils take part in and design challenges and competitions that call for precision, speed, power or stamina. They use running, jumping and throwing skills both singly and in combination and pace themselves in these competitions.</p> <p>COMPETING <b>EDSTART</b> - Intro to Net &amp; Wall Games 1 &amp; 2 (Tennis, Badminton, Dodgeball &amp; Volleyball): Pupils will be introduced to matches in Short Tennis, Volleyball, Badminton and Dodgeball. They will perform actions and skills with more consistency, quality and control and begin to use skills and tactics to apply basic principles for improving a match.</p> <p>COMPETING <b>EDSTART</b> - Intro to Striking and Fielding (Rounders and Cricket): Pupils will be introduced to striking and fielding games, learning the skills and rules needed to play matches.</p> <p>COMPETING <b>EDSTART</b> - Intro to Attacking and Defending: Pupils will be introduced to look at the tactics for attacking and defending in small sided games.</p>
4	<p>MOVING <b>EDSTART</b> - Development of Gymnastics: Pupils create and perform fluent sequences on the floor and using apparatus, and include variations in level, speed and direction in their sequences. Pupils will be able to show that they can manage their bodies in a variety of different positions whilst being under control.</p> <p>MOVING <b>EDSTART</b> - Development of Dance: Pupils create and perform dances using a range of movement patterns, including those from different times, places and cultures. They respond to a range of stimuli and accompaniment.</p> <p>MOVING <b>EDSTART</b> - Development of Yoga: Pupils create and perform yoga routines using a range of FMS.</p> <p>PLAYING <b>EDSTART</b> - Development of Invasion Games 1, 2 &amp; 3 (Netball, Basketball, Hockey, Football, Tag Rugby, Handball &amp; Lacrosse): Pupils will learn the skills needed to play small sided versions of the game.</p> <p>PLAYING <b>EDSTART</b> - Development of Net &amp; Wall Games 1 &amp; 2 (Tennis, Badminton, Dodgeball &amp; Volleyball): Pupils will develop the skills needed to play Short Tennis, Volleyball, Badminton and Dodgeball. They will develop the actions and skills with more consistency, quality and control.</p> <p>PLAYING <b>EDSTART</b> - Development of Striking and Fielding (Rounders and Cricket): Pupils will develop the skills of striking and fielding games.</p> <p>PLAYING <b>EDSTART</b> - Development of Target Games (Tri Golf, Frisbee &amp; Archery): Pupils will develop the basics of target games.</p> <p>PLAYING <b>EDSTART</b> - Development of Jag Tag: Pupils will develop the skills needed to play Jag Tag further, learning tactics and strategies to play the game.</p> <p>COMPETING <b>EDSTART</b> - Development of Invasion Games 1, 2 &amp; 3 (Netball, Basketball, Hockey, Football, Tag Rugby, Handball &amp; Lacrosse): Pupils will use the skills and tactics learnt and apply basic principles for attacking and defending.</p> <p>COMPETING <b>EDSTART</b> - Development of Athletics: Pupils take part in and design challenges and competitions that call for precision, speed, power or stamina. They use running, jumping and throwing skills both singly and in combination and pace themselves in these competitions.</p> <p>COMPETING <b>EDSTART</b> - Development of Net &amp; Wall Games 1 &amp; 2 (Tennis, Badminton, Dodgeball &amp; Volleyball): Pupils will develop the skills needed to play matches in Short Tennis, Volleyball, Badminton and Dodgeball. They will develop actions and skills with more consistency, quality and control and begin to use skills and tactics to apply basic principles for improving a match.</p> <p>COMPETING <b>EDSTART</b> - Development of Striking and Fielding (Rounders and Cricket): Pupils will develop the skills of striking and fielding games, learning the skills and rules needed to play matches.</p> <p>COMPETING <b>EDSTART</b> - Intro to Attacking and Defending: Pupils will start to develop the tactics for attacking and defending in small sided games.</p>



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**MOVING EDSTART** - Gymnastics: Pupils create and perform fluent sequences on the floor and include variations in level, speed and direction. Pupils will be able to work with a partner showing unison and canon in their routine. All gymnastic moves will be performed with good body tension and under control.

**MOVING EDSTART** - Dance: Pupils create and perform dances using a range of movement patterns, including those from different times, places and cultures. They respond to a range of stimuli and accompaniment.

**MOVING EDSTART** - Yoga: Pupils will understand the benefits of Yoga and be able to perform a range of Yoga poses with control.

**COMPETING EDSTART** - Athletics: Pupils take part in Track and Field events designed for precision, speed, power and stamina. They use running, jumping and throwing skills both singly and in combination and pace themselves in these competitions.

**COMPETING EDSTART** - Invasion Games: (Netball, Basketball, Hockey, Football, Tag Rugby, Handball & Lacrosse): Pupils play and make up small sided and modified competitive invasion games, learning the rules of Netball, Basketball, Hockey, Football and Tag Rugby. They use the skills and tactics learnt and will apply basic principles suitable for attacking and defending.

**COMPETING EDSTART** - Jag Tag: Pupils will begin to understand tactics and strategies involved in Jag Tag.

**COMPETING EDSTART** - Target Games: (Frisbee, Tri Golf & Archery): Pupils will be able to use a range of different skills to perform actions needed in each target game.

**COMPETING EDSTART** - Net and Wall Games: (Tennis, Badminton, Dodgeball & Volleyball): Pupils refine and develop their Short Tennis and Volleyball game. They perform actions and skills with more consistent quality and control and begin to use skills and tactics to apply basic principles for improving a match.

**COMPETING EDSTART** - Striking and Fielding: (Rounders and Cricket): Pupils play small sided and modified striking and fielding games, learning the rules of Rounders and Cricket. They use the skills and tactics learnt and apply basic principles suitable for striking and fielding games.

**COMPETING EDSTART** - Attacking and Defending Principles: Pupils will look at the principles for attacking and defending in small sided games.

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**COMPLETE EDSTART** - Gymnastics: Pupils create and perform fluent sequences on the floor and include variations in level, speed and direction. Pupils will be able to work with a partner showing unison and canon in their routine. All gymnastic moves will be performed with good body tension and under control.

**COMPLETE EDSTART** - Dance: Pupils create and perform dances using a range of movement patterns, including those from different times, places and cultures. They respond to a range of stimuli and accompaniment.

**COMPLETE EDSTART** - Yoga: Pupils will understand the benefits of Yoga and be able to perform a range of Yoga poses with control.

**COMPLETE EDSTART** - Athletics: Pupils take part in Track and Field events designed for precision, speed, power and stamina. They use running, jumping and throwing skills both singly and in combination and pace themselves in these competitions.

**COMPLETE EDSTART** - Invasion Games: (Netball, Basketball, Hockey, Football, Tag Rugby, Handball & Lacrosse): Pupils play and make up small sided and modified competitive invasion games, learning the rules of each invasion game. They use the skills and tactics learnt and will apply basic principles suitable for attacking and defending.

**COMPLETE EDSTART** - Jag Tag: Pupils will begin to understand tactics and strategies involved in Jag Tag.

**COMPLETE EDSTART** - Target Games: (Frisbee, Tri Golf & Archery): Pupils will be able to use a range of different skills to perform actions needed in each target game.

**COMPLETE EDSTART** - Net and Wall Games: (Tennis, Badminton, Dodgeball & Volleyball): Pupils refine and develop their Short Tennis and Volleyball game. They perform actions and skills with more consistent quality and control and begin to use skills and tactics to apply basic principles for improving a match.

**COMPLETE EDSTART** - Striking and Fielding: (Rounders and Cricket): Pupils play small sided and modified striking and fielding games, learning the rules of Rounders and Cricket. They use the skills and tactics learnt and apply basic principles suitable for striking and fielding games.

**COMPLETE EDSTART** - Attacking and Defending Principles: Pupils will look at the principles for attacking and defending in small sided games.

In Key Stage Two pupils will also participate in ...

- **MOVING EDSTART / PLAYING EDSTART / COMPETING EDSTART / COMPLETE EDSTART** - OAA: Pupils will look into other areas of PE such as developing motor skills, confidence and competence in the outdoor environment as well as both mental and physical challenges.
- **MOVING EDSTART / PLAYING EDSTART / COMPETING EDSTART / COMPLETE EDSTART** Fitness: Pupils will complete a series of fitness circuits and be able to talk about how they can improve their fitness levels.
- **PLAYING EDSTART / COMPETING EDSTART** Alternative Sports: Pupils will start to learn a variety of different inclusive sports.

**“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect”**