

Bishop Creighton Academy - PE Curriculum Journey Map (2025 26)

Year Group	Concepts / NC Aims	PE Pillars of Progression (Ofsted, 2022)	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		National Age-Related Expectations EYFS ELGs / NC Targets		
			Teacher	YDP	Teacher	YDP	Teacher	YDP	Teacher	YDP	Teacher	YDP	Teacher	YDP			
R	Personal, Social and Emotional Development  Physical Development  Expressive Arts and Design	<div>Motor Competence (Fundamental Movement Skills)</div> <div>Simple Tactics</div> <div>Healthy Participation</div> <div>Including Context-Specific</div> <div>Rules, Strategies and Tactics</div>	First PE (FMS)	Fitness and FMS	Superhero Dance EY	EY Gymnastics	Pirate Fitness	Enjoy a Ball! (Throwing and catching)	Mini Muay Thai	Multi-skills	Dance Dinosaur	EY Tennis Skills	Sports Day EY	EY Athletic Skills	PSED ELG: Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly Manage their own basic hygiene and personal needs, including dressing Work and play cooperatively and take turns with others. PD ELG: Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. EAD ELG: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.		
1	Develop competence to excel in a broad range of physical activities.		Gymnastics	Multi skills and FUNS	Dance Winter	Fitness Pirates	Dance Space	Ball games	Jungle Yoga	Rugby FUNDamentals	Mini Muay Thai	Athletics (indoors)	Team Games: (Dodgeball)	Sports day (multi-skills)	Pupils should 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.		
2			Gymnastics	Multi-Skills	Dance Seaside	Football FUNDamentals	Mini Muay Thai	Ball Skills	Dance Great Fire of London	Ball Skills	Jungle Yoga	Athletics	OAA	Sports day (multi-skills)	They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.		
3			Are physically active for sustained periods of time.	Gymnastics	Quicksticks	Yoga	Fitness	Swimming	Football	Swimming	Tennis	Dance Egyptians	Athletics	OAA	Kwik Cricket	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.	
4				Yoga	Quicksticks	Gymnastics	Dodgeball	Swimming	Football	Swimming	Tennis	Dance Eco Warrior	Athletics	OAA	Kwik Cricket	They should enjoy communicating, collaborating and competing with each other.  They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	
5				Engage in competitive sports and activities.	Swimming	Netball	Swimming	Football	Greatest Showman Dance	Fitness	Gymnastics	Yoga	Tennis	Rounders	OAA	Athletics	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres
6					Swimming	Netball	Swimming	Football	Gymnastics	Dodgeball	Yoga	Tennis	Dance WW2	Rounders	OAA	Athletics	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  Perform safe self-rescue in different water-based situations.
KS3 AIMS			Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others’ work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.														