

Bishop Creighton Academy - PE Curriculum Journey Map (2022/23)

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 Attainment 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 Rules, Strategies and Tactics</div>	First PE Fundamental Movement Skills (FMS)	FMS	Superhero Dance EY	EY Gymnastics	Pirate Fitness	Throwing and Catching	Mini Muay Thai	Yoga	Fairy Tale Dance	EY Tennis Skills	Sports Day EY	EY Athletic Skills	<p><b>PSED ELG:</b> Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Manage their own basic hygiene and personal needs, including dressing</p> <p>Work and play cooperatively and take turns with others.</p> <p><b>PD ELG:</b> Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><b>EAD ELG:</b> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>
1	Develop competence to excel in a broad range of physical activities.		Gymnastics	FMS	Winter Dance	FMS	Space Dance	Team Games: Attack & Defend (Ball – Skills)	Jungle Yoga	Team Games: Attack & Defend (Rugby FUNDamentals)	Olympic Dance	Sports day (Multi-Skills)	Team Games: (Dodgeball)	Athletic 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	Are physically active for sustained periods of time.		Gymnastics	Multi-Skills	Fairy Tales Dance	Team Games: Attack & Defend (Ball – Skills)	Mini Muay Thai	Team Games: Attack & Defend (Football FUNDamentals)	Jungle Dance	Team Games: Attack & defend Kwik Cricket	Jungle Yoga	Sports day (Multi-Skills)	Pirates Fitness	Athletic 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	Engage in competitive sports and activities.		Gymnastics	Quicksticks	Tudor Dance	Football	Fitness	Netball	Tennis	Yoga	Sports day (Multi-Skills)	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	Lead healthy, active lives.		OAA	Quicksticks	Gymnastics	Basketball	Romans Dance	Football	Yoga	Tennis	Swimming	Athletics	Swimming	Rounders	They should enjoy communicating, collaborating and competing with each other.
5			Gymnastics	Netball	Basketball	Football	Swimming	Greatest Showman Dance	Swimming	Yoga	Tennis	Kwik Cricket	OAA	Athletics	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.
6			Swimming	Netball	Swimming	Tennis	Gymnastics	Tag-Rugby	Leadership and Teambuilding	Basketball	Martial Arts Dance	Rounders	OAA	Athletics	<p><b>Swimming and water safety</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>
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.														