

## Rushden Primary Academy - PE Curriculum Journey Map (2022/23)

Year Group	Concepts / NC Aims	PE Pillars of Progression (Ofsted, 2022)	Autumn		Spring		Summer		National Age-Related Expectations EYFS ELGs / NC Attainment Targets
			Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
R	Personal, Social and Emotional Development Physical Development Expressive Arts and Design	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	Fundamental Movement Skills Autumn	Fundamental Movement Skills Winter and Christmas	Fundamental Movement Skills Superheroes	Fundamental Movement Skills Growing	Fundamental Movement Skills Mini Beasts	Fundamental Movement Skills Under the Sea	<p><b>PSED ELG:</b> 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</p> <p><b>PD ELG:</b> 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>
			FMS: Agility, balance, catching and throwing	Dance	Gymnastics	FMS: Ball Skills (Yr1 – Lessons 1 – 6) PPP	FMS	Team Games Kwik Cricket (KS1 - Yr1 Learning Intentions) PPP	
1	Develop competence to excel in a broad range of physical activities.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	Team Games Football FUNDamentals	FMS	FMS	FMS Ball skills	Athletics	Athletics	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.
2			FMS: Agility, balance, catching and throwing	Gymnastics	OAA	Dance	Athletics	Team Games Rounders	
3	Are physically active for sustained periods of time.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	Team Games Football FUNDamentals	Health Related Fitness	Team Games – Ball Games (Yr2) PPP	Multi-Skills	Health Related Fitness: Pirate Fitness PPP	Tennis Skills Tennis (KS1 - Yr 2 Learning Intentions) PPP	They should enjoy communicating, collaborating and competing with each other.
			Gymnastics	Dance	Competitive Games: Handball (KS2 – Yr3 Learning intentions) PPP	OAA	Athletics	Cricket	
4	Engage in competitive sports and activities.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	OAA	Swimming	Football	Multi-Skills	HRF (Circuits): Fitness (KS2 – Yr3 Circuits 1-3) PPP	Tennis	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
			Swimming	Dance	Gymnastics	Indoor Athletics (Yr4 Learning Intentions) PPP	Athletics	Rounders	
5	Lead healthy, active lives.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	OAA	Tag- Rugby	Football	Basketball	HRF (Circuits): Fitness (KS2 – Yr4 Circuits 4-6) PPP	Tennis	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
			OAA	Dance	Football	Gymnastics	Athletics	Cricket	
6		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	Developing less traditional Activities - Dodgeball (KS2 – Yr5 Learning intentions) PPP	Tag-Rugby	Swimming	Basketball	HRF (Circuits): Fitness (KS2 – Yr5 Circuits 1-3) PPP	Tennis	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
			Dance	Swimming	Developing less traditional activities: Leadership Yr6 PPP	Gymnastics	Athletics	Rounders	
6		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Healthy Participation</div> </div>	OAA	Tag-Rugby	Football	Basketball	HRF (Circuits): Fitness (KS2 – Yr5/6 Circuits 4-6) PPP	Tennis	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
								Top-Up Swimming	
<b>KS3 AIMS</b>	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.								