

Kingswood Primary Academy - PE Curriculum Journey Map (2023/24)

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		First PE	Enjoy A Ball	FMS: Football FUNDamentals	PPP FMS: Multi-Skills	FMS: Athletic Skills – Athletics	Develop Ball Skills through Tennis 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.
			FMF: Movement to Music: Dance - Jungle	FMS Gymnastics	FMF: Movement to Music: Dance-Super Hero	FMF: Movement to Music: Dance – Fairy Tale	FMF: Movement to Music: Dance-Word Moves (EY) PPP	FMF: Movement to Music: Dance - Seaside	
1	Develop competence to excel in a broad range of physical activities.		Outdoor and Adventurous Activities	FMS: Gymnastics	FMS: Dance	FMS: Multi-Skills (Target Games)	FMS: Tennis (Net/ Wall Games)	FMS: Mini-Muay Thai (Non-traditional sport)	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. 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.
Team Games Football FUNDamentals			Health Related Fitness Pirate Fitness	FMS: Ball Skills 1-6	FMS: Athletic Skills: Indoor Athletics	FMS: Athletic Skills: Athletics	FMS: Kwik Cricket (Striking & Fielding)		
2	Develop competence to excel in a broad range of physical activities.		Outdoor and Adventurous Activities	FMS: Gymnastics	FMS: Dance	FMS: Multi-Skills (Target Games)	FMS: Tennis (Net/ Wall Games)	FMS: Ball Skills 7-12	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. 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.
Team Games Rugby FUNDamentals			Health Related Fitness Pirate Fitness	FMS: Ball Games	FMS: Athletic Skills: Indoor Athletics	FMS: Athletic Skills: Athletics	FMS: Kwik Cricket (Striking & Fielding)		
3	Are physically active for sustained periods of time.		Outdoor and Adventurous Activities	Gymnastics	Dance	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Yoga (Non-traditional sport)	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. 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.
Competitive Games Football			Health Related Fitness	Competitive Games Basketball	Athletic Skills: Indoor Athletics	Swimming	Kwik Cricket (Striking & Fielding)		
4	Engage in competitive sports and activities.		Outdoor and Adventurous Activities	Gymnastics	Dance	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Competitive Games Quick sticks	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. 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.
Competitive Games Tag Rugby			Health Related Fitness	Swimming	Swimming	Athletic Skills: Athletics	Rounders (Striking & Fielding)		
5	Lead healthy, active lives.		Outdoor and Adventurous Activities	Gymnastics	Dance	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Leadership (Non-traditional sport)	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.
Competitive Games Football			Swimming	Competitive Games Netball	Athletic Skills: Indoor Athletics	Athletic Skills: Athletics	Kwik Cricket (Striking & Fielding)		
6	Lead healthy, active lives.	Outdoor and Adventurous Activities	Gymnastics	Dance	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Competitive Games Quick Sticks	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.	
Competitive Games Tag Rugby		Health Related Fitness	Competitive Games Basketball	Athletic Skills: Indoor Athletics	Athletic Skills: Athletics	Rounders (Striking & Fielding) Top- Up Swimming			
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.								