

## Mablethorpe 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	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Including Context-Specific</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Motor Competence (Fundamental Movement Skills)</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Simple Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Healthy Participation</div> </div>	First PE (Early Years - EY) PPP	FMS Gymnastics (EY) PPP	FMF: Movement to Music: Dance – Superhero (EY) PPP	Enjoy A Ball (EY) PPP	FMS: Athletic Skills – Athletics (EY) PPP	FMF: Movement to Music: Dance Seaside (EY) PPP	<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. Manage their own basic hygiene and personal needs, including dressing. 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. Demonstrate strength, balance and coordination when playing. 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: Ball Skills (Yr1 – Lessons 1 – 6) PPP	FMF: Dance -Winter PPP	FMS: Gymnastics (Yr1 lessons 1-6) PPP	FMS: Gymnastics (Yr1 lessons 7-12) PPP	Net/ Wall Games Tennis (KS1 – Yr1 Learning Intentions) PPP	FMS Ball Games (Yr1 lessons 1 – 6) PPP	
1	Develop competence to excel in a broad range of physical activities.		Team Games: Football FUNDamentals (Yr1) PPP	Team Games Rugby Fundamentals PPP (Yr1)	FMF: Dance – Fairy-tale PPP	Indoor Athletics (Year 1) PPP	Running, Jumping and Throwing Skills: Athletics (Yr1 Learning Intentions) PPP	Striking & Fielding Games Kwik Cricket (KS1 - Yr1 Learning Intentions) PPP	<p>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.</p>
			FMS: Ball Skills (Yr2 – Lessons 7 - 12) PPP	FMF: Dance – Jungle PPP	FMS: Gymnastics (Yr2 Lessons 1-6) PPP	FMS: Gymnastics (Yr2 lessons 7-12) PPP	Net / Wall Games Tennis (KS1 - Yr2 Learning Intentions) PPP	FMS Ball Games (Yr2 lessons 7 – 12) PPP	
2	Are physically active for sustained periods of time.		Team Games: Football FUNDamentals (Yr2) PPP	Team Games Rugby Fundamentals PPP (Yr2)	FMF: Dance - Olympic PPP	Indoor Athletics (Year 2) PPP	Athletic Skills: Athletics (Yr2 Learning Intentions) PPP	Striking & Fielding Games Kwik Cricket (KS1 - Yr2 Learning Intentions) PPP	<p>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.</p> <p>They should enjoy communicating, collaborating and competing with each other.</p> <p>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.</p>
			Outdoor and Adventurous Activities (Yr3/4) PPP	Dance – Romans PPP	Gymnastics (Yr3/4) PPP	Invasion Games Quicksticks Hockey (KS2 – Yr3/4 Learning intentions) PPP	Multi Skills KS2 - (Yr3/4 Learning Intentions) PPP	Athletics (KS2 - Yr3/4 Learning Intentions) PPP	
3/4	Engage in competitive sports and activities.		Invasion Games Football (KS2 – Yr3/4 Learning intentions) PPP	Invasion Games Tag-Rugby (KS2 – Yr4 Learning intentions) PPP	Competitive Games Dodgeball (KS2 - Yr3/4 Learning Intentions) PPP	Invasion Games Basketball (KS2 – Yr3/4 Learning intentions) PPP	Net / Wall Games Tennis (KS2 - Yr 3/4 Learning Intentions) PPP	Striking & Fielding Games Kwik Cricket (KS2 – Yr3/4 Learning intentions) PPP	<p>Swimming and water safety</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>
			Outdoor and Adventurous Activities (Yr5) PPP	Dance – WW11 PPP	Gymnastics (Yr5) PPP	Indoor Athletics (KS2 Y5/6) PPP	Athletics (KS2 – Yr5 Learning Intentions) PPP	Invasion Games Netball (KS2 – Yr5 Learning intentions) PPP	
5	Lead healthy, active lives.		Invasion Games Football (KS2 – Yr5 Learning intentions) PPP	Invasion Games Tag Rugby (KS2 – Yr5 Learning intentions) PPP	Handball (Yr5-6 Learning Intentions) PPP	Invasion Games Basketball (KS2 – Yr5 Learning intentions) PPP1	Net / Wall Games Tennis (KS2 -Yr 5 Learning Intentions) PPP	Striking & Fielding Games Rounders (KS2 – Yr5 Learning intentions) PPP	<p>Swimming and water safety</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>
			Invasion Games Quicksticks Hockey (KS2 – Yr6 Learning intentions) PPP (Whales)	Dance – WW11 PPP	Gymnastics (Yr6) PPP	Indoor Athletics (KS2 Y5/6) PPP	Athletics (KS2 – Yr6 Learning Intentions) PPP	PPP Outdoor and Adventurous Activities	
6			Invasion Games Football (KS2 – Yr6 Learning intentions) PPP Whales and Dolphins	Invasion Games Tag Rugby (KS2 – Yr6 Learning intentions) PPP	Handball (Yr5-6 Learning Intentions) PPP	Invasion Games Basketball (KS2 – Yr5 Learning intentions) PPP1	Net / Wall Games Tennis (KS2 -Yr 5 Learning Intentions) PPP	Invasion Games Netball (KS2 – Yr5 Learning intentions) PPP	
			Swimming ( Y6 Dolphins)						
<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.								

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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.

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