

Ingoldmells 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	↑ Motor Competence (Fundamental Movement Skills) ↓	Fundamental Movement Skills (FMS) Outdoor games*	FMS through Gymnastics	Fundamental Movement Skills (FMS) Outdoor games*	Fundamental Movement Skills	Simple collaboration / team-building skills through OAA	FMS through Playground Games	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.
			People Who Help Us (PoPE)	FMS through Movement to Music	FMS through Balanceability	FMS through simple Striking and fielding skills	FMS through Movement to Music	FMS through Athletics skills: running, jumping and throwing	
1/2		↑ Simple Tactics ↓	Team Games: Invasion: basketball (Attack & Defend)	Multi skills bat and ball skills	Team Games: Invasion: football (Attack & Defend)	Multiskills	OAA	Athletics skills: running jumping and throwing (PoPE)	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.
			Cricket	Gymnastics	FMS through Balanceability	Team Games Invasion: Uni-Hoc (Attack & Defend)	Dance	Team Games: Striking and fielding games (Attack & Defend)	
3/4	Develop competence to excel in a broad range of physical activities. Are physically active for sustained periods of time. Engage in competitive sports and activities. Lead healthy, active lives.	↑ Including Context-Specific Rules, Strategies and Tactics ↓	Competitive games Invasion (PoPE) Tag Rugby	Competitive games Net/Wall Badminton	Competitive games: Invasion: Hockey	Indoor Athletics	OAA	Athletics	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. 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.
			Cricket	Gymnastics	Gymnastics	Dance	Competitive Games: Net/Wall Badminton	Competitive games: Striking & Fielding Cricket	

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5	Cricket	Competitive games: Net/Wall Badminton	Dance		Swimming and water safety	Competitive Games: Net/Wall Tennis	Athletics	
	Competitive games Invasion: Basketball	Gymnastics		Competitive games: Invasion: hockey	Swimming and water safety	OAA	Competitive games: Striking and fielding Rounders / Softball	
6	Competitive games: Invasion: Basketball	Yr 6 Multi-Skills (PoPE)		Swimming and water safety	Competitive games: Invasion: hockey	Health-related exercise (PoPE)	OAA	Athletics
	Cricket Swimming and water safety		Swimming and water- safety		yoga		Dance	Competitive Games: Net/Wall Tennis
KS3 AIMS	<p>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.</p> <p>They should understand what makes a performance effective and how to apply these principles to their own and others' work.</p> <p>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.</p>							