Danesholme Academies - PE Curriculum Journey Map

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	
3	Develop competence to excel in a broad range of physical activities. Are physically active for sustained periods of time.	Motor Competence (Fundamental Movement Skills) including Context-Specific Simple Tactics and Tactics Rules, Strategies and Tactics Healthy Participation	Multi-Skills	Gymnastics	Hockey (Quicksticks)	Fitness	Striking and fielding (Rounders)	Striking and fielding (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.** **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.**
			Dance (Greatest Showman)	Invasion games (Netball)	Boccia x 2 weeks New Age Kurling x 2 weeks Archery x 2weeks	Net games (Tennis)	Athletics	OAA	
4	Engage in competitive sports and activities. Lead healthy, active lives.		Gymnastics	Fitness	Hockey (Quicksticks)	OAA	Athletics	Boccia x 2 weeks New Age Kurling x 2 weeks Archery x 2weeks	
			Invasion games (Football)	Dance (Romans)	Invasion games (Netball)	Net games (Tennis)	Striking and fielding (Rounders)	Striking and fielding (Cricket)	
5			Invasion games (Football)	Fitness	Dance (Stomp)	Gymnastics	Striking and fielding (Rounders)	Striking and fielding (Cricket)	
			OAA	Handball	Invasion games (Basketball)	Net games (Tennis)	Athletics	Golf	
6			Invasion games (Football)	Dance (WWII)	Fitness	Gymnastics	Striking and fielding (Rounders)	Striking and fielding (Cricket)	
			OAA	Handball	Basketball	Net games (Tennis)	Athletics	Golf	

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.	Swimming provision – Each Year 4 child will receive 14 x (1 hour) swimming sessions over the academic year. - Each Year 6 child will receive 6 x (1 hour) swimming sessions this includes top up swimming

Outdoor | Indoor

Key for the Medium-Term Plans (Units of Work): PPP = Primary PE Planning ? Please see the PE Lead who will share these with you

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